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Frequent flyer fight

CITY HALL
Council votes for another staff report to tackle issue



Zane Woodford
Metro | Halifax

Halifax regional council voted Tuesday in favour of asking for a staff report on what the municipality can do about its flyer issue.

Coun. Matt Whitman made the motion, acknowledging there is already a staff report on the topic coming in March, but adding he didn't think it would "appease" him.

"I just want to make sure that when it does come back, it actually solves the problem," he said during the meeting at City Hall downtown.

The issue has been in front of city council before, most recently in 2012, when municipal politicians tried to ban flyer delivery to homes in the Halifax Regional Municipality. City staff told council that wasn't an option, and HRM instead would have to work with the province.

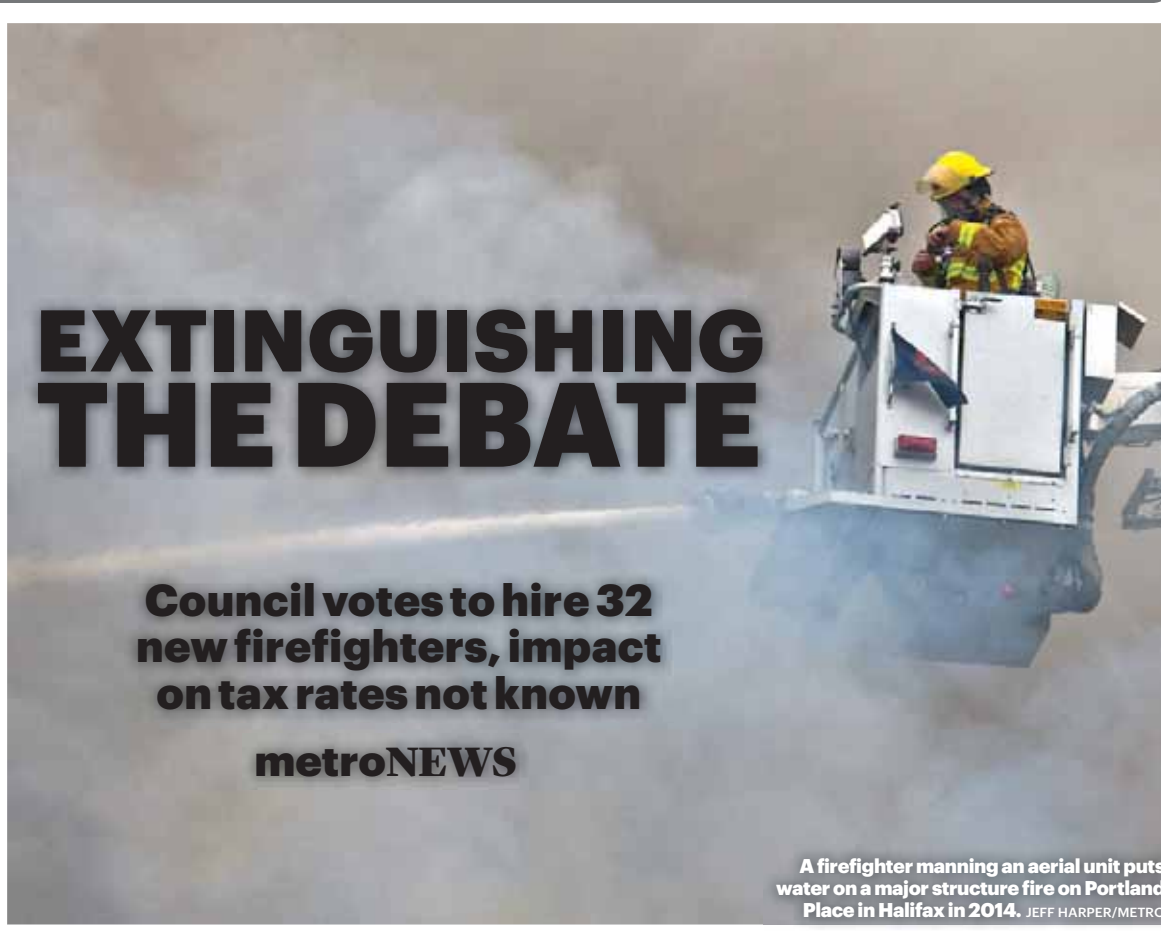
More than three years later, Whitman said unwanted flyers are still littering the municipality's lakes, and breaking snow-blowers.

"There are several issues with it," Coun. Linda Mosher said Tuesday. "But it's not our problem, so I'm not going to support another report."

Other councillors echoed Mosher, agreeing there is a flyer problem in the municipality, but not wanting to create a redundant report.

"To be honest, I think we've kind of beat this horse to death," said Coun. Tim Outhit.

The motion passed 11 votes to five. If the report already in the works doesn't address Whitman's motion, another report will come to council.



EXTINGUISHING THE DEBATE

Council votes to hire 32 new firefighters, impact on tax rates not known

metroNEWS

A firefighter manning an aerial unit puts water on a major structure fire on Portland Place in Halifax in 2014. JEFF HARPER/METRO



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WEATHER WARMER DAYS GREAT FOR WALKS, TERRIFYING FOR SNOW-PEOPLE Above zero temperatures made great weather for a walk along the waterfront on Tuesday, but it was less than ideal for pre-existing snow-people. **Temperatures are forecasted to stay warm for Wednesday, before falling to more winter-like by Thursday with periods of snow.** JEFF HARPER/METRO

Finding your inner lumberjack

SPORTS

Axe throwing business to set up new facility in Halifax



Yvette d'Entremont
Metro | Halifax

Always wanted to wield an axe and just let it fly?

In March you could get your chance when The Timber Lounge is scheduled to

open the doors to its Agricola Street facility in Halifax.

In the words by owner/creator Darren Hudson as "Halifax's premier indoor axe throwing facility," the Timber Lounge will allow patrons to unleash their inner lumberjacks via the "axe-hilarating" sport of axe throwing.

"The doors are blown wide open today on social media the word got out big time," Hudson said Tuesday morning.

"It's the talk of the town,

especially in the north end t h e r e . Everybody so far who has seen the place, the terms are amazing, awe-and usually congratulating us on this endeavour."

Although he wanted to hold off on a big announcement for a few days to finalize some last minute details, Hudson agreed to provide a few "tidbits" about his new business when contacted by phone.

The facility will offer eight

axe throwing lanes at first, with a possible expansion to 12. Hudson said the facility will be the "premier" axe throwing facility in Canada, not just Halifax.

"It won't be the biggest but it will be the most heritage-filled and true to lumberjack culture and lifestyle and involve feelings of social community," he said. "We are there to bring a glimpse of

the sport to people in a fashion that they would otherwise not have the opportunity to do."

Hudson recently retired from a 20-year career in lumberjack sports that took him around the world. He said axe throwing is statistically the safest lumberjack sport, the easiest on the body, and he has never seen "so much as a band-aid" from axe throwing.

"Axe throwing is a very liberating sport in which you release your inner inhibitions, any pent up emotions. It's such a healthy, active, fun and so-

+ AXE-CITEMENT

Darren Hudson encourages any interested HalifAXE axe throwers to keep an eye on his website for updates as things progress. You can visit the company at wildaxe.com/lumberjack/halifax/

cial sport that it really is unrivalled," he said.

"It's darts times 10. It's great."

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CRUELTY CONVICTIONS

Two banned from owning animals



Haley Ryan
Metro | Halifax

The Nova Scotia SPCA say two recent convictions of animal cruelty have residents banned from owning animals after one dog's tail was amputated, and another had to be put down.

Jenny Jessop and Tyler Northup of East Hants were sentenced to a five-year ban this fall while John Jr. Crawley of North Preston was handed a 10-year ban earlier this month and fine of \$708.62 to be paid in restitution to the SPCA.

SPCA spokeswoman Courtney Zylstra said they were satisfied with the convictions but added the courts should set an example with animal cruelty cases.

"We always feel like it could be a bit more considering the severity of some of the states of the animals," Zylstra said Tuesday.

On Jan. 9, 2015, the SPCA responded to a call of a male German Shepherd that was being kept in a North Preston barn, receiving inadequate care.

Cruelty officers found the dog tethered with a metal collar "deeply embedded" in its neck. The animal was taken for emergency care, but was in such poor physical health it had to be euthanized.

Crawley pled guilty on Jan. 7, 2016 and was sentenced to a 10-year ban for failing to provide adequate medical attention.

On Oct. 23, Jessop and Northup pleaded guilty to failing to provide adequate food and water, adequate medical attention, and causing an animal to be in distress for their four-year-old boxer, Brandy.

The SPCA said Brandy was seized back in November 2014 as she was found "well below healthy body weight," with her ribs and bones showing, as well as several sores on her body, ears and tail — which later had to be amputated.

After being in foster care with the SPCA to regain strength, Zylstra said Brandy was adopted into a loving home with a new female owner.

+ ALSO TUESDAY

The SPCA announced that a Mount Uniacke couple have been sentenced to a lifetime ban on owning animals. The charge and sentence against the pair stem from them leaving their 10-year-old chow mix outside last March.

The couple pled guilty during their Jan. 18 trial for causing an animal to be in distress. METRO



Brandy, before and after rescue. COURTESY SPCA

OILSANDS EXPLOSION

Scotchtown man, 30, dies of blast injuries

Alberta's Occupational Health and Safety office says a 30-year-old Nova Scotia man, who was critically injured in an explosion at an oilsands upgrader in northern Alberta, has died.

The man, identified previously by his cousin as Dave Williams of Scotchtown, N.S., had been transported to the burn unit at an Edmonton hospital after the blast Jan. 15.

Kelly MacEachern told the Cape Breton Post last week that

her cousin was a journeyman millwright and had been living and working in the West for several years, but loved coming home for vacations and was in Cape Breton for Christmas.

It's the second death resulting from the explosion — a 52-year-old employee was pronounced dead at the scene.

The blast occurred at Calgary-based Nexen's Long Lake plant near Fort McMurray on Jan. 15. THE CANADIAN PRESS



Customers leave The Darkside cafe and art gallery in Dartmouth on Monday. JEFF HARPER/METRO

Owners of Darkside given new court date

BUSINESS

Café-art store facing fines of \$47,000 over bylaw dispute



Yvette d'Entremont
Metro | Halifax

The owners of a Dartmouth café and art store, who appeared in court Tuesday on a municipal zoning violation, have had the matter moved to next month.

The Darkside owners Oliver Mahon and Megan Hirons Mahon are facing municipal fines of more than \$47,000 on charges of violating the muni-

cipality's land use bylaw. They requested the additional time to secure another lawyer.

Lawyer Craig Arsenault represented both the Mahons and their landlord, Carvery Construction.

He told Dartmouth provincial court on Tuesday that a conflict of interest between the two clients had come to light the evening before the trial.

Arsenault said he thought it best if the Mahons were given additional time to find a new lawyer.

The judge agreed, moving the matter to Feb. 18 to allow the Mahons to secure another lawyer's services.

The Darkside's issues began shortly after their October, 2014 opening. Zoning on their Windmill Road property allowed them to operate as an



We haven't heard anything directly from anybody with the city. Nobody has been in touch with us.

Darkside co-owner Megan Hirons Mahon

art store with an accessory coffee business.

During an inspection during their first month in business, municipal officials determined that because The Darkside was selling more coffee than art, it was operating more as a café than an art store and was in violation of its zoning designation.

Late last week, the Mahons were informed they faced fines of \$100 a day retroactive to their Oct. 10, 2014, opening date. That amounts to more than \$47,000 in fines.

When asked if the \$100-a-day fines would continue to climb until their next court date, Mahon said he wasn't sure.

"That's not clear at this stage. It's an uncertain time," he told reporters.

The couple did say The Darkside remained open for business and they still hoped to resolve the issue without legal action.

"We would love to reach an accommodation with the city without going to trial," Hirons Mahon told media outside the courtroom.

STREET NAMES

Part of Rainnie now Gottingen

Starting next week, Gottingen Street in Halifax is getting a little bit longer.

The municipality said in a news release that beginning next Tuesday, the lower section of Rainnie Drive near the Centennial Pool will be renamed as part of Gottingen Street.

As part of last year's North Park intersection redesign

project, the release said Rainnie Drive was realigned and permanently converted to a one-way street between Cogswell and Gottingen streets.

This resulted in Gottingen and the lower part of Rainnie becoming one continuous street.

Cars turning off of Rainnie at the intersection with

Gottingen now have to stop at the stop sign and make a right angle turn to continue downtown.

Municipal civic addressing policies state a continuous street must have one name throughout its length, and that no street name can be continued through a right-angle turn, the release said.

HALEY RYAN/METRO

+ BACKGROUND

The issue was discussed with the municipality's Civic Addressing Public Safety Committee — and, as a result, staff recommended renaming the lower section of Rainnie Drive. Regional council approved the recommendation back in November.

[illegible]

Council gives fire service green light to hire 32 more firefighters

DEBATE

Staff report had been looking at hiring 52



Zane Woodford
Metro | Halifax

Halifax regional council passed a motion at Tuesday's meeting to hire more firefighters for the municipality, but the effect the move will have on taxes remains unclear.

The motion — to add volunteers to two career stations, fully staff four currently understaffed fire stations and two aerial trucks and apply the cost to the tax rate — was deferred to wait for a staff report on what the total cost would be.

That report was up for debate at council Tuesday. It showed a cost increase growing to about \$5.5 million in 2022-23, requiring a residential tax hike of about \$5 for the average homeowner in 2017-18 and about \$28 in 2022-23.

Council amended the motion to change the requirement for aerial trucks to be staffed with two firefighters rather than four.

That means hiring a total of 32 firefighters, instead of the 52 the report had planned for,



A firefighter looks for hotspots on a roof in Bedford in this file photo from last year. JEFF HARPER/METRO



It's a very good day for the people who live in those areas.

Halifax Fire Chief Doug Trussler

at a savings of about \$700,000 next year, increasing to more than \$2 million by 2021-22.

"According to my math,

there's no tax increase based on what we did today, and we just made everyone safer, with better coverage, with

no tax increase," said Coun. Matt Whitman after the motion passed.

Numbers in the staff report indicate increases would still be necessary, just for less than originally planned. Whitman said Tuesday that the money saved in overtime costs would leave the tax rate unchanged.

Whitman also said he believes the change from four to two firefighters per aerial trucks would have "no change to insurance whatsoever."

"That I don't know for sure," said Halifax Fire Chief Doug Trussler after the motion passed, adding that the insurance underwriters pro-



This is certainly a win — primarily for the citizens — and we're quite pleased with it as well because it improves our safety on the job

Jim Gates, firefighters union president

cess of analysis is complicated.

Trussler said the staffing levels dictated by council Tuesday are "definitely an improvement," though he felt four firefighters per aerial truck was "the optimum number" based on the "labour intensive" nature of firefighting.

Still, his end game of fully staffing trucks at currently understaffed stations was a success.

"The big winners are the people in Bedford, and Eastern Passage, Cole Harbour and Lakeside," he said. "They will now have trucks responding with a crew of four to be first on the scene."

He, too, would've preferred four firefighters per aerial truck, but union president Jim Gates was happy with the staffing increase.

"We can safely do our jobs with four firefighters on every truck," he said.

COUNCIL NOTES



Coun. Linda Mosher

METRO FILE

Councillor takes leave of absence

Coun. Linda Mosher is taking some time off. At its meeting Tuesday, Halifax regional council passed a motion from Coun. Steve Adams asking to grant Mosher a leave of absence from all council and committee of the whole meetings starting Feb. 2 "until such time as her doctor gives her permission to return."

A reason for the leave of

absence was not given. ZANE WOODFORD/METRO

Tender for CGC naming rights comes up empty

A tender asking for bids for naming rights at the Canada Games Centre yielded no bids.

Coun. Reg Rankin confirmed Tuesday city staff told him not a single company put forward a bid to put its name on the Clayton Park athletic centre by the time the tender closed last Friday.

The issue will likely come before Halifax regional council at its next meeting.

ZANE WOODFORD/METRO

Report to look at snow clearing

Halifax regional council voted Tuesday to ask for a staff report on snow

clearing standards that will likely recommend council maintain the status quo when it comes to standards, but change the wording in its contracts.

Council passed an amended motion that asks for an end-of-season report from staff on snow-clearing contracts awarded in August 2015, as well as a review of sidewalk clearing practices.

"I think it's important to have better sidewalk snow clearing throughout the municipality, and treat our sidewalks and walkways and active transportation corridors as we do our streets," Coun. Linda Mosher said after moving amendments to the motion.

"Pedestrians are as important as vehicles."

ZANE WOODFORD/METRO



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Halifax singer-songwriter Jenn Grant CONTRIBUTED

‘Giving music to other people’

ART

Jenn Grant reflects on recent album, award nods


Haley Ryan
Metro | Halifax

When Jenn Grant first heard her *Compostela* album had received six ECMA nods, her thoughts went to her mother.

The Halifax musician released the folk recording in October 2014, after months of travelling through Spain following the death of her mom, which inspired many of the tracks.

But the sweet and mellow *Compostela* was never intended to be a dark project, Grant said Tuesday from the home in Lake Echo she shares with her husband, producer Daniel Ledwell.

“It felt great. My mom would be really proud of that,” Grant said about the East Coast Music Award nods, announced Tuesday.

“I can feel her spirit and the lightness of that in this album, and I think it’s been a really special thing.”

Besides album of the year for *Compostela*, Grant is also up for folk recording, solo recording, songwriter of the year, fan’s choice video for *Bring Me a Rose*, and fan’s choice entertainer.

Aqua Alta, Grant’s other band, is also up for electronic album of the year — bringing her total to seven nominations and tying with ECMA front-runners Hey Rosetta! of Newfoundland.

More than any before, Grant said she did a huge amount of touring on the record, including two trips to Australia and stops in Ireland, the U.K., Canada and the United States.

Making *Compostela* allowed Grant to really grow as an artist since it signifies “a new beginning” with her work, she said, as for years she’s wanted to reach a wider audience.

Although writing the album was a “healing process” for her, Grant said once a song is released it takes on a new life, and has created healing for others.

“That’s really the only reason that I make music,” Grant said, adding that performing is also a therapeutic experience in letting go.

“It’s really not about me. It’s about sort of giving music to other people.”

There are many voices featured on the album, including Rose Cousins, Sarah Harmer, Buck 65, Justin Rutledge, Stewart Legere and Kim Harris — although Grant said Ledwell was careful to construct the album so other musicians act as a secondary element rather than having a “duets record.”

“Having that list of guests on there was kind of more about capturing their energy into this one capsule of time, and making it a bit of a celebratory thing,” Grant said.

This year’s ECMA Show, hosted by Ashley MacIsaac and Heather Rankin, takes place in Sydney on April 14 with gala performances by Grant and the likes of Ben Caplan, Hey Rosetta!, Christina Martin, City Natives, and Fortunate Ones.

COMPETITION

Other top ECMA artists by nominations:

- Hey Rosetta! – 7
- Jenn Grant – 6
- Amelia Curran, Fortunate Ones – 5
- Mo Kenny, Ryan Hemsworth, Christina Martin – 4

GROUNDHOG DAY

Shubenacadie Sam set for show

Carole Custance loves giving Shubenacadie Sam scratches behind the ears.

And most times, Sam loves it too.

“Sometimes he will close his eyes when I’m scratching his ears, so you know he’s very relaxed,” said Custance, an employee at the Shubenacadie Wildlife Park for the past 17 years. She’s been Sam’s caretaker for almost her entire career with the park.

“He does chatter. Sometimes he talks to me. I know when not to scratch his back, behind his ears or his tummy — he’ll let me know when he’s had enough.”

On a daily basis, Custance visits with Sam in preparation for his Groundhog Day appearance, which is quickly approaching. She first greets him at 8 a.m. by bringing him breakfast.

“He’s usually awake when I come in — he usually hears me first,” she said.

Their routine includes Sam getting spoon fed yogurt. Sometimes he’s fussy and passes on the yogurt. Maybe he only wants melon. Or maybe he wants his melon dipped in yogurt.



Shubenacadie Sam is a social groundhog — his Twitter handle is @shubenacadiesam. TC MEDIA

Lately he’s been getting a lot of media attention in advance of his big day on Tuesday. When his calendar isn’t completely full, it means he has more time for tweeting (Twitter handle @shubenacadiesam), which he loves to do.

On Tuesday, the park’s gates will open at 7 a.m., with Sam

coming out of his burrow an hour later for his annual prediction. If he sees his shadow, folklore says we’ll see six more weeks of winter. No shadow means an early spring.

With a couple hundred people joining in on the show last year, Adams said the park is preparing for just as many.

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Watch for more of the 2016 venues in Metro’s Jan 29th edition.

THANK YOU TO THE IMPORTANT EVENT PARTNERS



ART THE MOST IMPORTANT THING IS TO KEEP A COOL HEAD Snow and tattoo artist Gordon Sparks works on a sculpture outside his Halifax home on Tuesday. The artist is going to be working with schools in February to teach the art of snow sculpture. JEFF HARPER/METRO

Guidelines for assisted death

MEDICINE

College aims to help judges rule on newly legalized act

Proposed guidelines, requiring two physicians to approve any request for doctor-assisted death, will help Nova Scotia judges asked to rule on applications for the newly legalized practice, says the head of the province's college of physicians and surgeons.

The college, which regulates the medical profession in Nova Scotia, is looking for feedback on a draft standard of practice that includes guidelines for doctors and patients if a doctor-assisted death is requested.

The proposed guidelines do not compel a doctor who objects to help a patient who chooses to end his or her life,

Grant said it became apparent that guidelines were needed when neither Ottawa nor the provinces enacted legislation in the months following the Supreme Court of Canada's decision to strike down the ban on doctor-assisted deaths last February.

That decision gave the federal government a year to come up with a new law — a deadline that was recently extended by four months, until June.

Grant said a working group was put together to look at a framework last year, with representation from the provincial Justice Department, Dalhousie University's health law institute, Doctors Nova Scotia and the Nova Scotia Health Authority.

"We felt we didn't have the luxury of waiting to see if legislation would be put in place," said Grant.

He said the fear was the deadline would pass with no

+ UNKNOWNNS

Grant said an open question is how far new federal legislation will go and how much will be left for provinces and medical regulators to deal with.

patient to receive assistance if all the other eligibility criteria have been met," he said.

Sheila Sperry, spokeswoman for the Nova Scotia chapter of Dying with Dignity Canada, generally applauds the draft standard, which she describes as "well written."

"I think it could serve as a proper guide for anyone who makes a request right now before we actually do have something (a law) in place."

Sperry added that she doesn't believe there will be a rush to the courts in any event.

"It's not like buying an iPhone," she said. "People are not going to line up for an assisted death even when the law comes in."

With a new deadline looming, Nova Scotia Justice Minister Diana Whalen said her department would have to work with doctors and the Health Department to ensure that proper protocols are in place once Ottawa acts.

Whalen said the province would also like to align its efforts with its Atlantic counterparts to ensure there are similar rules in a region that is relatively small.

"We have to do it," she said. "It's a question of how we do it and still respect people who have strong opinions."

THE CANADIAN PRESS

“It's not like buying an iPhone. People are not going to line up for an assisted death even when the law comes in.”

Sheila Sperry

although it's recommended the physician make an effective referral to another doctor. Barring that, doctors must provide information to patients so they can get help.

The standard also calls for two physicians to be involved in a patient's assessment for eligibility and that a psychiatrist be involved in cases where psychiatric or psychological conditions are involved.

College CEO Dr. Douglas

direction on how to pursue what the top court had determined was a new legal right.

With the Supreme Court now saying people can apply to provincial supreme courts for the right to die ahead of the new legislation, Grant believes the college's guidelines would provide judges with "guidance that might be of value."

"I would hope that this document could be a resource for the judge to enable this

RESTRUCTURING

Province to slash 100 jobs from Health Department

The Nova Scotia government is eliminating 100 jobs within the Health Department, saying the cuts are part of a restructuring that started when the province reduced the number of health boards from 10 to one.

So far, 20 people have received layoff notices and some vacant positions will not be filled.

The department will also transfer 62 positions and some programs to the new Nova Sco-

tia Health Authority, the IWK Health Centre in Halifax and the Department of Communities, Culture and Heritage.

As part of the reorganization, 25 new positions will be created.

The government says the measures are aimed at reducing wait times and improving front-line care.

"Every decade our health-care spending has gone up, but we aren't becoming any healthier as a result," said Health Minister

+ DATE

The changes take effect April 1.

Leo Glavine.

"It's time to change that by focusing on setting priorities and measuring results, so we know where our health-care system most needs to improve."

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The Law Courts in Halifax JEFF HARPER/METRO

Province pays out for defamation

LAW SUIT

Woman to get \$50,000 after investigator slandered her

A woman who was wrongly implicated in possible criminal activity by a provincial employee after she applied for a firearms licence has been awarded more than \$50,000 in damages by a Nova Scotia Supreme Court judge.

Court documents show that when Laura Doucette applied for the licence as part of a policing and corrections course, provincial firearms investigator David Grimes looked at her application in 2012 and became suspicious.

During his investigation, he approached some of Doucette's instructors and warned them she may have been involved in an armed robbery when she was working at a Tim Hortons in 2009.

In an amended defence filed last October, Grimes and the provincial government admitted liability for defamation and breach of privacy. Grimes also submitted a brief written apology to Doucette.

Judge Denise Boudreau, in a ruling released Monday, said Grimes — a former police officer — didn't say where he got the information and never bothered to check if it was true.

The judge concluded Grimes' false and defamatory statements were "offensive and inexplicable," and caused "havoc" in Doucette's life.

"He did all of this wearing the cloak of a provincial (Department of Justice) investigator, with all of the credibility such a title would bring," Boudreau's decision says.

Boudreau said Grimes' ill-founded accusations were made in a cavalier fashion with callous disregard for the impact they would have on Doucette's life.

THE CANADIAN PRESS

CRIME

Police make five arrests over seven 'street-level robberies'



Kristen Lipscombe
Metro | Halifax

Halifax Regional Police made five arrests Tuesday in relation to a rash of what they're calling "street-level robberies."

The seven reported robberies happened "in and around"

the Halifax Common between Nov. 7 and Nov. 29, according to a police news release issued early Tuesday evening.

All of the robberies involved young suspects using violence against victims before stealing various items from them.

"Police deployed a number of resources to address the rash of senseless violence in

our community," the news release said.

Officers arrested three teenage boys, one man and one woman, ranging between 15 and 18 years old, "without incident" Tuesday.

Police released the woman without charging her, but they continue to investigate and expect to lay charges against some of the suspects.

IN BRIEF

Power Corp meets renewable energy targets

Nova Scotia Power says it set a new record in renewable energy in 2015, with 26.6 per cent of the electricity used in the province coming from renewable resources.

The utility's performance exceeded the legislated requirement of 25 per cent renewable electricity for last year.

THE CANADIAN PRESS

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MISSING

Police ask for help with well-being check

Halifax police are asking for the public's help in finding a woman for a well-being check.

Kim Norris, 50, was last seen Oct. 19, 2015 leaving a shelter in Halifax, according to a Halifax Regional Police release on Tuesday.

She is described as a white woman with

long dark hair and blue eyes. She was last seen wearing a black ball cap with white lettering, blue jeans and black work boots with white laces and was carrying several backpacks.

Norris is known to travel throughout Canada and also works as a labourer in the construction industry, the release said.

METRO



The University of Calgary, one of the three recipients, will use the money to allow researchers to continue to lead in near-Earth research on things such as the space weather dynamics that create aurora borealis. AFP/GETTY IMAGES

RESEARCH

Space agency awards spacious funds

Three Canadian universities are sharing \$1.4 million in funding from the Canadian Space Agency.

Four awards have been given to the University of Calgary, three to the University of Alberta and one to the University of Waterloo in Ontario.

In a news release, the University of Calgary said the money will allow researchers to continue to lead in near-Earth research on things such as the space weather

dynamics that create aurora borealis.

One of the projects will push for answers to questions about how space weather interferes with GPS signals.

The average GPS user doesn't usually see much impact from space weather, but there can be more significant effects in surveying, mapping, hydrography, aviation and military operations.

The University of Calgary said such space weather disturbances are a bigger prob-

+ KEY PROJECTS

The other three University of Calgary projects will focus on the high-energy electrons and other charged particles that rain down into the upper atmosphere during geomagnetic storms.

lem for Canada than for other countries, because of the country's northerly location.

"This latest CSA support enables University of Calgary researchers — focused on New Earth-Space discovery and development — to continue to lead internationally," said Ed McCauley, the university's vice-president of research.

"This research is resulting in better sensors and sensor webs for environmental monitoring and Global Navigation Satellite Systems as part of this key research priority."

THE CANADIAN PRESS

'This is a good day'

CHILD WELFARE

New hope for the indigenous population in tribunal ruling

The federal government discriminated against children on reserves in its funding of child welfare services, the Canadian Human Rights Tribunal said in a landmark ruling Tuesday.

The quasi-judicial body published its findings nine years after a complaint from the Assembly of First Nations and The First Nations Child and Family Caring Society of Canada, which argued the federal government failed to provide First Nations children with the same level of services that exist elsewhere.

In the decision, which is considered legally binding, the tribunal found First Nations are adversely impacted by the services provided by the government and, in some cases, denied services as a result of the government's involvement.

"The panel acknowledges the suffering of those First Nations children and families who are or have been denied an equitable opportunity to remain together or to be reunited in a timely manner," the ruling said.

Cindy Blackstock, executive director of the The First Nations Child and Family Caring Society of Canada, said the decision marks a great day for First Nations children and for

Canadians who believe in justice and fairness.

She is urging the federal government to take immediate action, adding she will be watching to see how Prime Minister Justin Trudeau responds, given his commitment to implement all 94 recommendations from the Truth and Reconciliation Commission.

The commission, which spent six years documenting the painful residential school legacy, called on all levels of government to reduce the number of aboriginal children taken into care by providing adequate resources for communities and child-welfare organizations.

The Liberal government

was not surprised by the ruling, said Wilson-Raybould, noting it is committed to acting on the child welfare issue and to working toward a nation-to-nation relationship with Canada's indigenous peoples.

"This is a good day," she said.

THE CANADIAN PRESS

+ CRITIQUE

Alberta Premier Rachel Notley said in a release that the tribunal's ruling "is a positive step towards correcting an injustice for children and families living on reserves across Canada."

"All children, regardless of race, deserve access to supportive environments that can help them flourish," Notley added. METRO

MARRIAGE EQUALITY

Conservative group seeks policy reform



Ryan Tumilty
Metro|Edmonton

A group of gay Conservatives want the party to change its stance on marriage equality and they're asking interim leader Rona Ambrose for help.

The group, LGBTory sent a letter to Ambrose earlier this month asking for her support in changing official

party policy. That policy, re-affirmed in 2013 argues parliament, not the courts should define marriage. It also says that marriage should be the union of one man and one woman.

Eric Lorenzen, an executive member of LGBTory, said it's past time for that to change.

Lorenzen said being gay and being Conservative are not incompatible, but the party has to recognize the problem with this policy.

Oxford dictionaries 'sexist': PhD student



Michael Oman-Reagan
CONTRIBUTED

Is Oxford Dictionaries perpetuating sexist stereotypes?

That's the question asked by Memorial University of Newfoundland PhD student Michael Oman-Reagan, who has criticized the dictionary's use of what he calls "explicitly sexist" examples.

The word rabid, for example, comes with the usage example "rabid feminist," according to the entry at OxfordDictionaries.com, while grating is explained with the phrase, "her high, grating voice."

Oman-Reagan, an anthropolo-

gist, also critiqued the examples used for words that don't need to be gendered, such as housework ("she still does all the housework"), shrill ("the rising shrill of women's voices") and psyche ("I will never really fathom the female psyche.")

"Why are they choosing particular sentences which reenforce (sic) sexist stereotypes?" he wrote in a recent post at Medium.com.

"When Oxford editorially selects example sentences reproducing sexist stereotypes, they are making implicit, prescriptive

statements about gender and language. If Oxford believes it is important to tell users that the word 'shrill' has historically been applied primarily to women's voices, they should say that clearly, not cover it up and hide it in a usage example."

Oman-Reagan began tweeting out what he found on Jan. 21, asking the dictionary to clarify how it chooses the examples. Oxford Dictionaries then replied with the tweet: "If only there were a word to describe how strongly you felt about feminism ..." TORSTAR NEWS SERVICE



Rodrigo Fructuoso, 4, cuddles his baby sister Isabela in northeastern Brazil. Isabela was born on Nov. 4, 2015 with microcephaly, a rare neurological condition where babies have small heads and incomplete brain development. CONTRIBUTED



Thiago Fructuoso, a petroleum engineer living in northeastern Brazil, cradles his daughter, Isabela. CONTRIBUTED

REFUGEE CRISIS

Denmark will keep seizing valuables

Danish lawmakers voted Tuesday to let police seize valuables worth more than \$1,500 from asylum-seekers to help cover their housing and food costs while their cases are being processed.

After more than three hours of debate, the minority Liberal Party government's bill was adopted in an 81-27 vote, with the support of the opposition Social Democrats and the anti-immigration Danish People's Party — Denmark's two largest parties. Seventy lawmakers were absent.

Amendments were made, including raising the value of items asylum-seekers can keep from 3,000 kroner (\$440) to 10,000 kroner (\$1,500). That brings it in line with welfare rules for Danes, who must sell assets worth more than 10,000 kroner before they can receive social benefits.

Denmark received about 20,000 asylum-seekers last year, one of the highest rates per capita in the EU. "We are talking about a real exodus," said Martin Henriksen, immigration spokesman for the populist Danish People's Party. "More needs to be done: we need more border controls. We need tighter immigration rules." THE ASSOCIATED PRESS

+ GERMANY

Germany proposes creating up to 500,000 short-term jobs to help Syrian refugees survive in overburdened Mideast host countries, the minister for economic co-operation said during a visit to Jordan. Germany would initially contribute 200 million euros and would ask other donors to contribute.

A haunting diagnosis

BRAZIL

Family faces microcephaly, Zika virus

Last spring, weeks after moving home to Brazil, Larissa Fructuoso developed a rash, like "red needle points on the skin."

She and her husband Thiago worried — they were three months pregnant — but it passed and the rash was forgotten.

It was months later that they realized a mosquito's bite may have changed their baby's life forever. "(We got) a microcephaly diagnosis," said Thiago, a 31-year-old engineer. "The first reaction of the doctor was to ask us: did we get Zika virus?"

Zika is a virus spread by mos-

quito and first identified in Uganda in 1947. Since emerging in Brazil last spring, the virus has exploded across the Americas, spreading to at least 22 other countries and territories.

The symptoms tend to be mild and it's estimated just one in four people show signs of infection. There is no vaccine or treatment.

Microcephaly is a condition where babies are born with small heads and incompletely formed brains. It had never been linked to Zika until doctors started noticing a dramatic rise in babies with brain malformations.

When Larissa became sick, the couple's first fear was dengue, a potentially fatal disease also spread by the aegypti. The Zika diagnosis was actually a relief and Larissa recovered after

three days.

"My friends living here ... they said That's OK. Everybody got Zika here," Thiago said. "It's not a big deal."

Later, with the microcephaly diagnosis, Larissa cried for days. The couple had no idea what it would mean for their baby.

Some babies with microcephaly grow up to have normal intelligence and development. Others suffer serious developmental delays, dwarfism or seizures. Dr. Gustavo Malinger, an expert, said babies he saw faced severe mental handicaps with "no chances of intellect."

As Larissa's due date approached, doctors prepped them

4,000

Number of microcephaly cases since late October.

for the worst. On Nov. 4, 2015, Isabela was born with no major problems. Her head circumference was 31 centimetres — just shy of the 32-centimetre threshold set by Brazil's health ministry in their definition of microcephaly.

"My wife cried again," Thiago said. "It was real now and it was here."

Some doctors say Isabela's brain shows signs of malformation and will never reach the final stages of development. Others say it's too early to predict.

Isabela is developing normally for a three-month-old. She is crying, laughing and smiling — all good signs. TORSTAR NEWS SERVICE

What is being done

1 Vaccines: The U.S. is beginning research into a vaccine for Zika. However, vaccine development typically takes years.

2 Troops: Brazil's health minister says the country is sending some 220,000 troops to battle the mosquito blamed for spreading microcephaly — but he also says Brazil is "badly losing the battle against the mosquito."

3 Flights: Latin America's largest airline says it's waiving cancellation or flight-change fees for pregnant women who want to cancel flights to countries where Zika is present.

IN BRIEF

3 charged after lion prowls Dubai neighbourhood

Three people have been charged with public endangerment after a lioness escaped from a home in Dubai and prowled the streets for hours. A local newspaper reported the owner, buyer and middleman were charged. The lioness was taken to the zoo.

It's mostly illegal to keep endangered or threatened wildlife as pets in the United Arab Emirates though exceptions are made for the ruling family or anyone who with a permit. THE ASSOCIATED PRESS

Shots fired at San Diego Navy medical centre

Military authorities responded Tuesday to a report of gunshots at a building on the campus Naval Medical Center San Diego.

The shots were heard in a building that houses offices and barracks for wounded sailors and Marines as well as a gym, said spokesman Mike Alvarez.

All non-emergency personnel were asked to stay away from the area.

"We're not taking any chances," Alvarez said. THE ASSOCIATED PRESS

CLIMATE

Temperatures in Far East go far south

After sweating through unseasonably high temperatures last week, residents of semi-tropical Thailand have had to scavenge through their closets for sweaters and scarves to keep the chill off their bones.

Much of the rest of Asia was also shivering.

In Hong Kong, the mercury dipped to its lowest in six decades. The rest of southern China also recorded unusually cold weather, with record-breaking low temperatures in many places.

In Vietnam's capital, Hanoi, the temperature dropped to

5.4 C, the lowest since 1977. Meteorologists said mountain-top snowfalls across a dozen northern provinces were unprecedented.

Temperatures in Bangkok, Thailand's capital, hit an unseasonably high 34.6 C on Saturday only to plunge to a low of 16.1 C on Monday. The weather was still cool on Tuesday, and Bangkok residents could be seen wearing jackets and wool caps.

Schools in Bangkok advised parents to bundle up their little ones with extra warm clothing.

At piers along the banks of

the Chao Phraya River, where packs of dogs cozy up to friendly tourists and vendors grilling food, some canines were dressed up in old shirts and discarded blankets, the work of a kind volunteer caretaker.

In Japan, the unusual cold brought sleet as far south as Okinawa, a subtropical island. Another southern island, Amami-Oshima, recorded its first snow in more than a century.

Record snowfalls hit Nagasaki and other cities in Kyushu, the southernmost of Japan's four main islands.

THE ASSOCIATED PRESS



Tourists walk past snowy trees in northeast China. STR/AFP/GETTY

Varmints still rustling cattle

ALBERTA/SASKATCHEWAN

Stealing on the rebound as livestock prices spike

It's not the Wild West but there are still low-down varmints stealing cattle and reaching into the pockets of ranchers in Alberta and Saskatchewan.

Cattle rustling has been around for ages and police say it is on the rebound in the heart of Canada's cattle industry, driven largely by ranch hands stealing livestock at a time when prices are high.

"It's still a problem today. It's like any other property, if there's value to it people are going to steal it. In recent years the value of cattle has approximately doubled," said RCMP Cpl. Christian Reister, one of Alberta's two livestock officers.

The value of that cow grazing out in the field can range from \$1,500 to \$2,000 apiece, which makes them particularly attractive to thieves.

Reister, 45, said the number

of missing cattle in Alberta rose from 575 in 2014 to 600 in 2015. Saskatchewan's numbers for last year aren't available but there was a sizeable jump from 600 in 2013 to 1,000 in 2014.

"Some of those stats in the increase in Saskatchewan can be attributed to producers paying a little closer attention to their assets and watching their numbers a little closer," said Reister.

The investigations are tough. Looking for a cattle rustler today isn't that much different than it was 50 years ago.

"I think there are a lot of producers who often have a few heads taken and they don't know," Reister said.

"It's some of the most difficult investigations that we do. We look for tire impressions, we look for footwear impressions, we look for gateways that are cut so at this stage in 2016 really our investigations haven't changed any."

Reister said if cattle are stolen police usually don't need to go much further than local cowhands or neighbours. "They're inside jobs primarily — employees — some of them are neighbours. In some cases



1 Cattle at the Strathmore Stockyards in Strathmore, Alta. 2 RCMP Cpl. Christian Reister, right, and Livestock Identification Services field supervisor Gary Guichon at the Strathmore Stockyards. 3 Branding irons hang on a fence at the Strathmore Stockyards.

ALL PHOTOS: JEFF MCINTOSH/THE CANADIAN PRESS

they just live close to the individuals but in all cases they are people who do have knowledge of handling cattle," he said.

"It would be pretty intimidating for someone from the city that's never had an experience handling cattle to carry out that type of theft."

Making investigations even harder is the fact only about

half of producers now burn their individual brands onto the sides of the cattle. It used to be an industry norm but without it rustlers have an easier time getting away with the crime.

Gary Guichon of Livestock Investigation Services, a private company contracted by the Alberta government to do

cattle inspections, says cattle without brands automatically raise suspicions.

"Most livestock inspectors have local knowledge so in most cases they will have an idea of the guy bringing the cattle in," said Guichon, who has been inspecting brands for 34 years.

THE CANADIAN PRESS

IN BRIEF

Ford recalls pickups

Ford is recalling about 391,000 Ranger pickups because the driver's air bag inflators can explode with too much force and cause injuries. The recall covers 2004 through 2006 model years.

THE ASSOCIATED PRESS

Hilton eyes budget brand

Hilton is launching a new brand, focusing on budget travellers looking to spend \$90 to \$100 a night. Tru aims to compete with economy and midscale chains like Comfort Inn.

THE ASSOCIATED PRESS

market minute

	DOLLAR 71.05¢ (+0.97¢)
	TSX 12,331.32 (+188.16)
	OIL \$31.45 US (+\$1.11)
	GOLD \$1,120.20 US (+\$14.90)
NATURAL GAS: \$2.158 US (+0.3¢)	
DOW JONES: 16,167.23 (+282.01)	



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URBAN ETIQUETTE ELLEN VANSTONE



THE QUESTION

I've never been a racist before, but I am now. It's 99.9 per cent foreigners in my neighbourhood. All the original Canadians have moved away. I feel hate and anger towards these people, and I can't deal with it. It would be very hard for me to move.

Dear Ellen,
I am a 68-year-old Canadian woman who has never been a racist before, but am now and don't know how to deal with it. I moved to northeast Calgary 15 years ago. Then a quarter of the people here were East Indians and Pakistanis but didn't bother me, but now it's 99.9 per cent foreigners and all original Canadians have moved away. Now I feel hate and anger towards these people and can't deal with it. It would be very hard for me to move.
Ivy, Calgary

Dear Ivy,
I suspect you have always been a racist but never had to admit it because you were hitherto surrounded mainly by people of your own ethnic group. Fortunately, for you and our troubled society, you're now fully aware of your racism and you want to address it.

Let's start by acknowledging a simple fact. Racism is not innate. It's passed on by ignorant people who are motivated by fear and hatred. It's like the good or bad table manners we learn through both instruction and example: If we're raised by gross, nasty, hateful pigs who don't care about anyone else as they greedily storm the trough, it's no surprise the next generation of pigs is going to be just as rude.

But for piglets who are exposed to more civilized behaviour, there's always hope for improvement. And, if your heart's in it, any one of us can improve at any age. The fact

I don't doubt you feel isolated and off-kilter because your neighbours seem strange.



that you, Ivy, say you "can't deal with" your unpleasant feelings of "hate and anger" tells me you are motivated to change. So here's how to start.

First, work on thinking more clearly. For example, when you say your neighbourhood is "99.9 per cent foreigners and all original Canadians have moved away," I suspect you're making the classic racist mistake of equating "Canadian" with people of a certain skin colour and presumed ethnic background, and "foreign" with people of a different skin colour and presumed ethnic background.

But that's not how it works. As you can see from my photo, I'm white, as were my dirt-poor immigrant maternal grandparents (who, coincidentally, settled a few miles outside Calgary, northeast of your own northeast hood). In other words, for all their pale pasty complexions and

flaxen-blond hair, my Caucasian Gramps and Granny were never "original Canadians." Similarly, though many racists disqualify darker-skinned peoples from native-Canuck eligibility, I doubt even the most racist Calgarian would dare label the Blackfoot tribes, who've been living for at least 10,000 years in what is now called Alberta, as "foreigners."

So your hierarchy of citizenship, and the colour-coded rubric that underlies it, is no excuse for racism. In fact, there is no excuse for racism. You know it's wrong. That's why you wrote the letter.

I don't doubt you feel isolated and off-kilter because your neighbours seem strange to you. Their language, appearance, manners, the food they eat — it's human nature to feel threatened by things we don't understand.

But it's how we react that separates us from the pigs at

the trough of Canada's bounty.

One solution is to make the strange familiar. Make an effort to meet a new neighbour and share a cuppa or a meal. If you're uncomfortable approaching strangers, contact a local group or religious community or write a letter to your mayor, Naheed Nenshi (an original Canadian who was born in Toronto), to ask for help in making contact.

It probably won't be easy. But it's bound to be easier than moving away, assuming you could even find and afford a safe, racist enclave full of people like you.

Thanks for writing, Ivy. It's always good for all of us to re-examine any racist impulses we might have, and I wish you luck in your future non-racist endeavours.

Need advice?
Email Ellen:
scene@metronews.ca

ROSEMARY WESTWOOD

metroview

Something must change post-Yatim. Why not the law?

Canadian police officers who kill people in the line of duty don't tend to go to jail.

So when a jury convicted a Toronto police officer of attempted murder this week, the city's police union head called it a "chilling" message to officers. Media claimed the verdict would reverberate across the country.

But for criminal lawyer John Struthers, the ruling underlines something else entirely, something he's been advocating: the need for a new criminal charge aimed at police, which he'd call "police officer using excessive force, causing death."

"There has to be a change in the law if we're going to adequately supervise and discipline police officers," he said.

The verdict is being called a compromise between clearing Toronto Const. James Forcillo of all charges in the shooting death of Sammy Yatim and finding him guilty of the worst of them — second-degree murder. Forcillo is the 11th Ontario police officer charged with manslaughter or second-degree murder since 1990 — and all the rest were cleared.

This seeming middle ground — a conviction of attempted murder — is based on the Crown's arguments that even if Forcillo was justified in the first bullets he shot at Yatim, a young man wielding a knife on a streetcar in 2013, he was not justified in

subsequent bullets fired after the teen was already on the ground.

The verdict signifies what should already be blatantly clear: The public's trust in police is waning. Both Toronto's mayor and police chief used the ruling to point to the need for police reforms. Clearly, something must change. And why not the law itself?

The new law Struthers envisions wouldn't include the same minimum sentences of a second-degree murder charge, leaving sentences completely to the judge's discretion.

Such a law would put the onus on society to define excessive use of force and state explicitly that police can be held culpable for it when it results in someone's death, Struthers argued.

In the Yatim case, the family is also suing Forcillo and the police force. But Struthers doesn't think the civil option is enough.

I agree. The jury may well have reached for some middle ground in dealing with police misconduct, and so should the Criminal Code. Murder does seem a severe charge for officers to face for actions they took on the job, especially a job defined by unpredictability and danger. But the power they wield cannot go unchecked. Society increasingly won't stand for it, and neither, apparently, will juries.

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Tired of parents wearing PJs and slippers, an English principal wants a dress code for adults dropping their kids off at school.

Your guide to Africa's regional dishes



EATING

A comfort food crash course in time for the dead of winter

It's finally feeling more like winter. Our stomachs are craving the warm and comforting flavours of African cuisine: slow-cooked meats spiced with vibrant paprika and turmeric; stews made of one of the few vegetables currently in season: onions; and vegetarian-friendly meals that are good for the body and the wallet in the new year.

To ease you into African cooking 101, here is a short introduction to the different regional cuisines of the continent, and spice blends to flavour your meats and vegetables.

North Africa

Countries include: Egypt, Tunisia, Algeria, Libya, Sudan, Morocco

Cooking here is highly influenced by Middle Eastern and European cuisine. Falafels made from fava beans rather than chickpeas are a staple in Egyptian street food; couscous is a must-have on Moroccan menus; and Arabic favourites like baklava and shakshouka are found in Tunisia. Staple ingredients in-

clude lamb, eggplant, beans and honey, similar to what you'd find in the Mediterranean.

What's unique is the tajine, a cone-shaped earthenware pot used to slow-cook meaty stews over hot coals (think a very early version of the Crock Pot). Tunisia is also home to harissa, a fiery garlicky chili paste that's popping up on menus this year.

Horn of Africa

Countries include: Eritrea, Somalia, Ethiopia, Djibouti

The horn refers to the peninsula that juts out to the east coast of Africa, and is the region that most Canadians associate with African cooking thanks to our obsession with stews sopped up with injera, the Ethiopian spongy and tangy flatbread made from a nutty and tiny red grain called teff.

Ethiopian and Eritrean cuisines are similar given that Eritrea was once part of Ethiopia: Both are heavy on hearty meat and vegetable stews served with injera but Eritrean cooking also incorporates tomato sauces (it was once under Italian colonization). Berbere is the quintessential spice blend made from a dozen spices including fennel, coriander, peppercorn, cardamom, allspice, nutmeg and cinnamon. It's used to add a fiery, oniony kick to dishes such

CONTINENTAL CUISINE

Culinary regions of Africa

At just over 30 million square kilometres, Africa is the second largest continent and second most populous with 1.1 billion people. A history of colonization dating back to ancient times from countries now known as Greece, France, Britain and Portugal, made a lasting impression on traditional dishes. In short, there's a heck of a lot of variation in local cooking and major regional variations in flavour. TORSTAR NEWS SERVICE

Fufu, a starchy ball of cooked dough often made with cassava flour, originated in Ghana but is eaten throughout West Africa. Pictured above: doro wot and injera.

TORSTAR NEWS SERVICE TORSTAR NEWS SERVICE



as doro wot (chicken stew) and tibs (spicy fried beef).

East Africa

Countries include: Kenya, Uganda, Tanzania, Rwanda, Burundi, Madagascar, Mozambique, Comoros, Mauritius

The eastern coast of Africa includes more than a dozen countries that run along the Indian Ocean, in addition to the nations that make up the Horn of Africa.

Ugali is one of the most common dishes you'll find here, particularly in Kenya. It's a smooth and thick porridge made from cornmeal or millet that diners

roll into little balls to go with nyama choma (roasted meat marinated in curry spices). If you want something fried, try mandazi, a crispy fried bread served by street vendors that's like the region's answer to doughnuts. Mozambique's cuisine has a mix of Portuguese flavour as piri piri sauce is a common condiment and is best exemplified in Galinha à Zambeziana: chicken cooked in coconut milk and piri piri sauce.

West Africa

Countries include: Senegal, Nigeria, Burkina Faso, Ghana, Sierra Leone, Ivory Coast

It's hard to narrow down the cuisine of 16 nations and territories, but there are some commonalities. Root vegetables such as cassava form the basis of fufu, a starchy ball of cooked dough originating in Ghana but widely eaten in the region. It's pretty bland to eat by itself so it's served as a side to soups and stews. Peanuts are a big part of many dishes as it's a major crop of Senegal including maafe, a popular spicy peanut stew of fish or meat with vegetables. Fish is also big given its proximity to the Atlantic.

Central Africa

Countries include: Central African Republic, Chad, Democratic Republic of Congo, Zambia

The food of Africa's heartland is similar to its neighbouring western region: cassava and plantains are made into fufu as a side for grilled meats, while chicken and okra are added to peanut stews.

In Bangui, the capital of the Central African Republic, there is a heavy French influence due to colonization in the late 1800s, so baguettes can be found as well. A staple in Zambia is nshima, a thick porridge made from ground corn meal that can be

sweetened with milk for breakfast, or rolled into a starchy ball as a side like fufu. Ifisashi, another Zambian dish, consists of leafy greens like collards or spinach cooked in a peanut sauce.

South Africa

Countries include: South Africa

Given its long history of colonization and trade routes, the food of this region is shaped not only by natives, but also the Dutch and the British, along with Southeast Asia. Indigenous people cooked with pumpkin and beef while the arrival of the Dutch East India Trading company in the 18th century brought in slaves from Southeast Asian Nations, which brought the influence of curries and sambals, a pungent condiment made from chilies, shrimp paste, vinegar and fish sauce. The Dutch sausage, verse worst, is the ancestor to the more popular South African boerewors, a sausage typically containing a mix of beef and pork and spiced with a mix of coriander, nutmeg, allspice and cloves. Serve that at a barbecue with pap, a traditional polenta-like side made from ground corn served alongside soups and meats, and chakalaka, a spicy relish made from a mix of baked beans, carrots, tomatoes, chilies, and curry powder.

TORSTAR NEWS SERVICE

SPICE UP YOUR LIFE COMMON AFRICAN BLENDS

THE MIX: RAS EL HANOUT

TOP ROW (L TO R):
cinnamon, mace,
cardamom

MIDDLE ROW:
turmeric, nutmeg,
black peppercorn,
paprika

BOTTOM ROW:
coriander,
cumin, cloves



THE MIX: BERBERE

TOP ROW: fenugreek, allspice, cloves,
dried onion flakes

MIDDLE ROW: coriander, cardamom,
ground ginger, cinnamon

BOTTOM ROW: nutmeg, black
peppercorn, dried chilies, paprika



THE MIX: TUNISIAN BAHARAT

TOP ROW: dried roses
BOTTOM ROW: black
peppercorn, cinnamon



THE MIX: TSIRE

TOP ROW: cloves,
ground ginger,
cinnamon

BOTTOM ROW:
peanuts,
nutmeg, dried
chilies



THE MIX: LAKARMA

TOP ROW: cumin, nutmeg,
turmeric

BOTTOM ROW:
cinnamon,
ground ginger,
black
peppercorn



THE MIX: DUKKAH

TOP ROW: cumin, coriander
sesame, cashews

BOTTOM ROW: pine nuts,
pistachios, hazelnuts



RECIPE

Add a spicy kick to your classic brownie

Mexican hot chocolate is a beloved beverage made from chocolate (no surprise there) combined with cinnamon and another spice or two to bring up the heat. The combination of spicy and chocolate just plain works, and we wanted to see how it would translate into another beloved treat, the good old American brownie. Again, it just plain worked.

Buy pure ancho chili powder for this recipe, which is made from the ancho pepper. It has a mild, slightly smoky and somewhat fruity flavour. Don't be tempted to substitute regular

chili powder or chili spice blend.
Start to finish: 45 minutes
Servings: 24

Ingredients

- 3 cups (18 ounces) semisweet chocolate chips, divided
- 3/4 cup (1 1/2 sticks) unsalted butter
- 1 3/4 cups sugar
- 1 tsp vanilla extract
- 4 large eggs
- 1 1/2 cups all-purpose flour
- 1/3 cup cocoa powder
- 1 tsp baking powder
- 1 tsp kosher salt
- 1/4 tsp cinnamon

- 1/2 tsp cayenne pepper
- 1/4 tsp ancho chili powder

Directions

1. Heat the oven to 350 F. Coat a 9-by-13-inch metal baking pan with cooking spray.
2. In a medium saucepan over medium-low, melt 2 cups of the chocolate chips with the butter, stirring frequently. As soon as the mixture is smooth remove it from the heat. Stir in the sugar and vanilla, then beat in the eggs one at a time.
3. While the chocolate is melting, in a medium bowl

mix together the flour, cocoa powder, baking powder, salt, cinnamon, cayenne and ancho chili powder.

4. After beating the eggs into the chocolate mixture, stir in the flour mixture until well blended. Stir in the remaining chocolate chips. Pour the batter into the prepared pan and smooth the top. Bake for about 30 minutes, or until a wooden toothpick or skewer inserted at the centre comes out clean. Cool completely. Cut into 24 squares.

THE ASSOCIATED PRESS



Valentine's Day may be meant for couples, but these brownies are meant for sharing. THE ASSOCIATED PRESS

Report on Paris couture



Dior, left, featured embroidered silk gowns with “sensual, bare” accentuated shoulders in their show this week. At Chanel, right, a shimmering cape in lame and chiffon on model-of-the-minute Gigi Hadid added to the magical vibe. ALL PHOTOS GETTY IMAGES

Highlights from this week's SS 2016 collection shows

DIOR

Past remixed

Dior's first couture show since Raf Simons left took place on Monday — designed by “the studio,” the house said.

In the clothes, the “spontaneous, relaxed Parisienne of today” mixed with the iconic styles of the 1940s and 1950s.

High-cut post-War shoes with occasional retro ankle bows accessorized embroidered silk gowns in freestyle volumes, often with “sensual, bare” accentuated shoulders. A couple of flapper-style lace, chiffon and tulle look also evoked the joyful feeling of the 1920s.

The studio team also set

about experimenting with the famed bar jacket. It came in myriad forms: in tight, embroidered black wool, loose and white, open to expose the breast sensually, oversized and masculine, or as a beautiful dark navy wool coat.

There were also traces of the musings of past creative directors.

CHANEL

Eco couture

It was delicate couture magic with a hint of reality for Chanel. The sports-infused display saw sparkling smooth oval shoulders and curved collars define the silhouette on fastidiously embroidered gowns and skirt suits.

This curved esthetic — apparent also in oversize bulbous chignons, curved cork platforms and unusual double-eye makeup — was inspired by the 1932 cubist sculpture *Head of a Woman* by Pablo Picasso.

But this was very much a contemporary collection — an ecology-themed show that incorporated sustainable fabrics and took inspiration from the natural world.



JOHANNA SCHNELLER WHAT I'M WATCHING

Emotions soar on reality show

THE SHOW: Hello Goodbye, Season 1, Episode 1 (CBC)
THE MOMENT: The Honesty

At Toronto Pearson International Airport, host Dale Curd interviews a shaggy-haired guy in a yellow T-shirt. He's waiting for his wife, who's been away a month. “What do you miss about her?” Curd asks.

“Her sitting in her usual chair, or getting out of the tub,” Shaggy answers. (The tub! Gotta love him for that.)

Next thing you know, Shaggy is crying. His dad died from Parkinson's, he says. He should have visited him more, “but I was selfish, and I didn't want to see it.” He shakes his head.

“I have to reach out more, talk about it. It's been a trying time. I'm working through it.”

When his wife arrives, she's a perfectly pretty brunette. Shaggy dashes to her side. He looks happy.

I admit, when I first heard about this reality show, I was in hysterics. People talking in airports? That's what the once-towering CBC has come to?

But after watching a single



Host of CBC series Dale Curd interviews people in arrivals and departures, resulting in heartfelt honesty. COURTESY CBC

half-hour episode, I think it's destined to be a multinational franchise, for two reasons: People are desperate to talk. And they're surprisingly articulate when they get the chance.

No disrespect to Curd's ability to choose subjects and draw them out; that can't be easy. But the speed at which regular Joes

go from saying “Nice to meet you” to sharing their deepest joys and sorrows is something to behold.

Maybe airports bring out people's vulnerability. But I suspect it's more that we're rarely asked, with compassion, about ourselves. The planes fly. The floodgates open.



Seniors face many challenges

SERVICES

Today's issues range from health care to transportation

Jen Taplin

Changes to Pharmacare announced earlier this month are encouraging, but there are still many other issues facing seniors in Nova Scotia.

One of the biggest challenges is a lack of nursing homes and long-term care, said Bill Berryman, chair of the Group of IX Seniors' Advisory Council of Nova Scotia.

And many seniors who manage to find a spot in a care facility are having a hard time selling their homes. Berryman said he is seeing this trend particularly in rural communities, where the houses can be large and expensive to heat.

"Another issue for a lot of our seniors is transportation," Berryman said. "In metro you have the bus service, but go outside metro in rural Nova



The number of people in Nova Scotia over the age of 65 will nearly double by the year 2030. ISTOCK

Scotia there's not a lot of transportation available to our seniors, if they have to go to a medical appointment or get their groceries."

Ann Corbin is the executive director of Community Links, a seniors group advocating for "age-friendly communities." She said transportation is a

huge issue for seniors because in many areas of the province there is no public transportation. Even in the city, she said, transit can be tricky for seniors.

"I'm 64 and just speaking from a personal point of view, taking public transit can be hazardous," she said. Corbin said some drivers

+ SUMMIT

Berryman said seniors have a lot to contribute to the provincial economy and this impact will be showcased at the Silver Economy Summit in Pictou County March 8-9. According to the Nova Scotia Department of Seniors, the number of people over 65 will nearly double by 2030.

pull away before she's had a chance to sit down, plus getting to bus stops in the winter with icy sidewalks and snowbanks is stressful.

The Rural Transportation Association offers door-to-door rides in most of the province but Corbin said many seniors are unaware of the program or are hesitant to call.

"A lot of seniors have the perception it's only for medical trips or they want to give priority to people who need it for medical trips, or they perceive it's a charity service and they don't feel they're in that bracket of society," Corbin said.

MONEY

Having a fixed income calls for sound financial planning

Whether it's a trip to Europe or a shiny new snowmobile, big purchases are tricky to manage when you're retired.

But financial advisors have a few tricks up their sleeves — and some good advice — to help pay for a large purchase on a limited income.

Greg Bonnell is a certified cash flow specialist and president of the local chapter

of Advocis (Financial Advisors Association of Canada).

Ideally, regularly setting aside funds so you're paying cash, not credit for any big purchases is the best way to go, he said.

"I think that is really a key piece otherwise you end up paying for years and years to come for something that has been consumed," he said.

Getting specific advice from a financial advisor is also helpful because everyone's finances are different, he added.

Paul Pothier, a consultant with Investors Group, said if you want to take money out of your investments to go on a big trip, it becomes a matter of proper tax planning.

If you're at the top of a tax bracket it would make sense

to pull money out of a tax-free savings account so you don't go into another bracket. But if you are at the bottom of a tax bracket, it might make more sense to take the tax hit and take money out of your investments, he said.

"I try to tell people if you can't afford it, don't do it. So don't spend beyond your means," he said.

"If you're the kind of person who pays the credit card off every month, then it might be appropriate to put the trip on your credit card if you plan on paying it off in full when you get back."

And sometimes if you have a credit card that has points or other rewards, it can be a good strategy when you pay it off right away.

"But there are other things that people don't even know about that might be options," Pothier said. "There are life insurance products where you can take a loan out against your insurance policy, or I might have a \$100,000 policy but I might be OK with lowering the policy to \$90,000 and maybe taking \$10,000 out of my policy."

JENNIFER TAPLIN

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18 Wednesday, January 27, 2016

metro  SPECIAL REPORT: METRO AGES

Everyone has plenty to give

VOLUNTEERING

Database helps connect people with groups needing help

Jen Taplin

With retirement finally comes that spare time for volunteering. But where to start?

"The possibilities are endless, which can be overwhelming," said Kylene Mellor, manager of volunteer resources at the IWK Health Centre.

Some people like to take a break after retiring to spend time with family or travel.

"Then there are others who can't go two weeks without having that routine or expectation of things to do so they get right back into con-

tributing to their community," Mellor said.

The great thing about volunteering is picking something related to your interests and setting the commitment. It could be a regular gig – weekly perhaps – or tied to an event like a fun run.

"The majority of organizations are very open and welcoming to seniors and newly retired, so really the choice is theirs," Mellor said.

One way to narrow it down is to call 211 or click on goodns.ca. Mike Myette, executive director of 211 Nova Scotia,

“

It's like volunteer dating in a sense.

Mike Myette, 211 Nova Scotia

said people call 211 because they're not sure where to volunteer or they haven't been able to find a gig.

"Because we have a database that has more than 5,000 non-profit organizations across the province we can often help them find an organization once we know their interests."

The website is a useful tool because volunteers looking

+ OPPORTUNITY

Myette said volunteer opportunities should be rewarding to both the volunteer and the agencies. "In my estimation, volunteers should interview the organization that they're going to volunteer for. If you're going to make it a meaningful experience, actually ask the question 'what will I get out of volunteering there?' because it's a two-way street."

for gigs and organizations post profiles.

"It's like volunteer dating in a sense, like on-line dating – the two ends match up," Myette said.

The 211 service is about to celebrate its third year in operation. In 2015, it took just over 29,000 calls – a 47 per cent increase from 2014.

Out of 33,500 referrals last year by phone and through their website, ns.211.ca, 2,800 were directed at helping Syrian refugees.



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Taking a safer step in the right direction

SAFETY

Devices help ensure you can maintain your lifestyle

Jen Taplin

If you're "furniture surfing" around your house, it's time to get help.

Furniture surfing is when seniors touch the furniture and the walls to get around. Wendy-Lee Hamilton, a seniors physiotherapist in Wolfville, said the first time someone has trouble going from sitting to standing and needs to use their hands is the day they should be getting help from a health provider.

"They feel fine when they're in their house, but when they have to walk out across their lawn with nothing to hold onto, then they say, 'Oh my gosh, I don't feel steady or safe.'"

The idea of weakness just being a normal part of aging is just not true, she added.

"It doesn't go away by resting. I find a lot of people think 'well I'll rest and I'll be better' but what they really need to do is to do some physical activity, stretch their body and get stronger," Hamilton said.

Falls are dangerous and seniors need to watch out for warning signs. One of the biggest red flags is near falls like tripping and regaining balance at the last second, or falling but landing safely on a sofa.

"If you're bending over to



Using a walker is always better than being confined in your home. ISTOCK

pick a weed out of the garden and you end up in the garden, that's a warning because next time you might bend over at the top of the stairs and end up at the bottom."

Hamilton said seniors sometimes confuse a social life with physical activity. Playing bingo and quilting aren't the same as going for a walk or bowling.

But, Barbara Adams, clinical director for PhysioCare At Home, said having a social

life and getting out with family and friends provides a great motivation for staying active. And this generation of seniors grew up with physical activity, she said.

"I mean my grandmother literally rode a horse to school," Adams said. "So when we work with seniors and encourage them to be physically active, there's not one of them who says 'oh yeah sure' they are all 'yes, show me how to do that.'"

+ HELPFUL ADVICE

- Walking devices are a better alternative to sitting inside and looking out the window.
- Be aware of minor changes: when seniors move into a facility where someone else is doing all the household chores, it takes away all that daily activity.
- Wear sneakers or tie-on shoes in your home. Floppy slippers can cause falls.
- The ability to get up and down from the floor is key to survival. The best place to practice strengthening is a mat on the floor. You can't fall once you are there.

HEALTH

Better sleep is critical

Between all the trips to the bathroom, heavy snoring, and waking up long before dawn, many people over 75 are not getting a good night's sleep.

"Bathroom disruption becomes more frequent," said Erica Dehmel, a registered respiratory therapist at The Snore Shop in Sackville. "But one thing people forget is as we age, people need less sleep."

People over 75 only need about six hours sleep to be completely refreshed. If you're waking up after six hours and can't get back to sleep it could be your body has had enough sleep, Dehmel said.

Sleep apnea, a sleeping disorder which causes breathing to start and stop, can also worsen and become more common as we age. Increased muscle relaxation means it's more likely to close the airway during sleep, Dehmel explained.

The best advice for getting a good night's sleep can be hard to follow: avoid naps.

"It seems everybody as they get older and retire they get into this theme of napping through the day, which can sabotage your sleep at night," she said. "Keeping a sleep schedule, regardless of what age you are is really important."

If you have a consistent bedtime then your body and brain will know it's time to shut down for sleep and you'll get to sleep quicker.

Same goes for when you're awake, Dehmel said: Get outside, get natural light and exercise during daylight hours.

"It keeps your mind knowing that it's awake because your awake hours effect your sleep as well," she said. "Bear in mind if you're getting that quality sleep at night, you shouldn't be falling asleep at 8 p.m."

JEN TAPLIN

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metro AGES

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Tablets can help you stay close to your family and friends. ISTOCK

Class shrinks the tech divide

LIBRARY

Tablets, phones a great way to connect with family

Jen Taplin

For many people who didn't grow up with technology, getting an iPad for a present is great — until it comes to figuring out how to use it.

Elinor Crosby, librarian at Keshen Goodman Public Library in Halifax, teaches several technology classes. Hello iPad is one class in particular which fills up nearly every month.

"A lot of seniors are getting iPads from their families for occasions or as an easy and accessible way to connect with their families."

But it's so entirely new to

a lot of people and more experienced family and friends don't spend enough time with them helping them to be comfortable with the technology, Crosby added.

"It's hard not to feel defeated by new technology sometimes especially when you have a four-year-old who can do it better than you."

Crosby recommends that if you're getting help from a friend or family member, make sure they're going at a pace that works for you. And ask lots of questions, she added.

"For people who are helping seniors, we always have to keep in mind that this is something we use everyday but this is something that is totally new to them."

In the Hello iPad class Crosby takes participants through a visual introduction of the buttons and features of the device. They walk through the settings, choosing a pass code to make the device more secure, and demonstrate how to connect to Wi-Fi.



"We teach everything from basics for someone who has never touched a computer before all the way up to how to borrow a book on an iPad."

Elinor Crosby, Librarian

"Most of them leave feeling they have figured something out and they're feeling a lot more confident."

Crosby said many people are better at it than they think they are. "We spend a lot of time re-

inforcing the knowledge they have, giving them a little more knowledge and hopefully giving them the confidence to keep exploring and learning."

CULTURE

Positive atmosphere no act at local community theatre

Elaine Casey was bitten by the acting bug in high school and has never shaken it.

"For a lot of years when I was raising children and working, it was something I really enjoyed doing that was mine," she said. "It was something to do I really enjoyed that had not to do with being a mother, or a teacher, or whatever."

For Casey, acting and volunteering in community theatre is a lifetime hobby, which she has taken into her retirement.

That old Hollywood saying about good parts for older women being scarce? Well, Casey said that's true but that doesn't mean there's nothing to do. For many years Casey has been volunteering at the Theatre Arts Guild in Halifax and not just as an actor.

"There aren't as many roles

but I do other things as well: I've directed, I've stage-managed, props and backstage," she said.

But Casey said the best part is working with people of all ages and backgrounds who come together with a shared love of theatre.

"The community of people is wonderful and is important to me. Plus, it's working on a project together and making it come to life."

Fellow actor at TAG, Jonathan Tyson, finds the same thing. He acted in high school, but then dropped it until about eight years ago. Back then, Tyson was commuting back

and forth to Toronto for his job with the Workers Compensation Board and took an improv class for something to do.

"That reignited my enjoy-

+ BACKGROUND

- Founded in 1931, the Theatre Arts Guild says it is the country's oldest community theatre with a record of continuous operation.
- It had several homes through the years until 1966 when TAG purchased a former church on Parkhill Road and named it The Pond Playhouse.

ment of being a part of a group that was performing," he said.

When he was back in Halifax for good, he found TAG and hasn't looked back.

"It's a combination of being part of a group, doing something with a group of people with a common goal of creating something," he said. "Plus, it's challenging in a lot of ways from a memory point of view, but also it's having an opportunity to play a different role to see how it feels, inhabit a different mental space."

JEN TAPLIN



Jonathan Tyson



Elaine Casey



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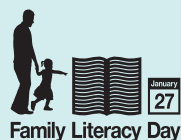
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A small crossover that's big on sass



REVIEW

Mazda CX-3 feels like a tall hatchback with AWD

Mike Goetz

For Metro Canada



Small crossovers are hot sellers, and more and more nameplates are joining the segment. Mazda's entry in this segment — the CX-3 — is more fun to drive than most.

This is not surprising, however, as it is not that far removed from the sporty Mazda2 hatchback it is based on. Actually, in dimensions and intent, the CX-3 is more like a tall hatchback with AWD, than a more legitimate attempt at a subcompact crossover, as exemplified, for example, by the likes of Kia Soul or Jeep Renegade.

But maybe you like your crossovers flavoured this tidy way? I do. The combination of a compact and perky engine, taught handling, and relatively light overall weight, translate to a car, err crossover, that is just plain great to drive.

Doesn't look too bad either, inside or out. The interior features a lot of different textures and colours and feels anything but subcompact. Mazda's console-mounted controller is not my favourite way to navigate the infotainment sphere, but at least Mazda Connect is standard on all CX-3 models, to facilitate voice commands, and

internet connectivity.

The Mazda2 origins mean the CX-3 is somewhat narrow and short. Wide people might be looking for more elbowroom up front, while people with any kinds of legs will look for more legroom in the back.

If you can do without all-wheel drive, the Mazda3 Sport (the hatchback) might be a better bet for families who prioritize interior space.

The CX-3's all-wheel-drive system is an all-new system that prioritizes weight saving. Mazda says it's about 20 percent lighter than its larger platform AWD systems. It keeps the vehicle in FWD until the front wheels start the slip, and then automatically engages the rear wheels.

When testing this vehicle in the off-road portion of the AJAC Car of the Year evaluations, I was expecting the CX-3's limited ground clearance to hold it back somewhat, and it did, but was surprised at how well it did otherwise in the dirt, and with considerably less body jiggling than the other competitors — a lower centre of gravity and lighter weight will do that for you.

Like most of its competitors, the CX-3 is fitted with tires more suited for communing than going through hill and dale, and would be the first thing you would need to upgrade if you're expecting your CX-3 to climb mountains.

All in all, the CX-3 is a success. It's not perfect but has a defined personality. Those who are drawn to this kind of crossover personality will like it a lot.

THE CHECKLIST 2016 MAZDA CX-3

THE BASICS

Type. Five-door, five-passenger, FWD or AWD, subcompact crossover
Power. 146-hp 2.0-litre I4
Transmission. Six-speed automatic
Price. Base \$20,695 (plus destination)

COOL FEATURES

- Great driver's seat adjustability accommodates a wide variance in driver sizes.
- Adaptive headlights points low beams in the direction the driver intends to travel.
- Full suite of safety systems available, including brake support, blind spot monitoring, and lane departure warning.



MAZDA CX-3 PHOTOS: MIKE GOETZ/FOR METRO; ALL OTHERS CONTRIBUTED

MARKET POSITION

- Subcompact crossover based on the same platform as the Mazda2.
- Fast growing segment, popular with young couples and families, and empty nesters.
- As per Mazda's brand promise of zoom-zoom, one of the more lively vehicles in its segment.

POINTS

- Named AJAC's Best New SUV/CUV under \$35K for 2016.
- Available in both FWD and AWD versions, the latter specially developed to retain lightness.
- High-tech engine features direct injection and high compression.

THE COMPETITION



Chevrolet Trax
Base price: \$19,495



Nissan Juke
Base price: \$20,698

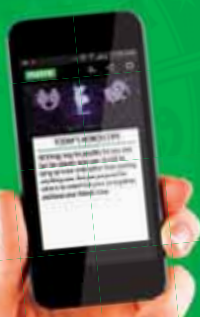


Honda HR-V
Base price: \$20,690

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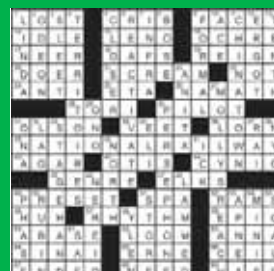
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1	8	3	7	5	2	6	9	4
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Love Yourself
- 1 The Chainsmokers ft Rozes
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'Fiata': The Japanese-Italian colab

NSX

A powerhouse sports hybrid

NSX is a hybrid, but it's about helping performance more than saving fuel: Promising a technological powerhouse, Honda has released most of the details about its hybrid 2017 NSX sports car. The original NSX, released 25 years ago, was the world's first all aluminum-bodied two-seat sports car. It was discontinued after the 2005 model year. Each new next-gen NSX will be effectively hand-built by a group of 70 technicians at a plant in Ohio. The high strength, low weight body will deliver "unparalleled platform rigidity."



'FIATA'

Passion meets efficiency

Already labelled "Fiata" by some industry wags, the Fiat 124 Spider is a new version of its legendary small two-seat convertible sports car. It combines styling queues from the original 124 Spider and a Fiat powertrain with its structure and underpinnings coming from the current generation Mazda MX-5 Miata. With Fiat style meant to recall the original Italian everyman's small sport-about, casual onlookers might be forgiven if they see more of Mazda's efficient little roadster, especially when seated inside: the interiors appear identical.

TEXT AND IMAGES BY
WHEELBASE MEDIA



THE GREEN ANGLE

Metro's weekly picks for the latest in environmental news

MX-5

Aftermarket could 'go wild' over Spyder, Speedster

Mazda turned up the wick on its already well-received MX-5 two-seat sports car at the recent Specialty Equipment Market Association (SEMA) show in Las Vegas, in November, showing two new design concepts — a Spyder and a Speedster — each designed to take the MX-5's lightweight and fun-to-drive mission "a step further" by reducing weight even more while accentuating open-air driving. Both models highlight "the core strengths" of the MX-5, in collaboration with various aftermarket parts suppliers and performance shops. "With the all-new 2016 MX-5, we have a clean sheet to show how the aftermarket can go wild on our flagship sports car while staying true to its mission," said Mazda's North American operations design manager Ken Saward.



LOCAL MOTORS

3-D printed car in the works

Arizona-based Local Motors could become the first company to bring a 3-D-printed electric car to market. The dune buggy-styled LM3D Swim demonstrates 3-D printing's speed and adaptability, as well as Local Motors' "form over function" styling ethos that they swear by. Since the car is 3-D-printed, one-off body shapes pose no obstacles.



+ IN BRIEF

Chinese-billionaire-backed company invests in electric

A new company from China wants to merge connectivity and cars into one: A Chinese-billionaire-backed company says it will invest \$1 billion US in an American factory to assemble a line of electric vehicles. Bankrolled by Jia Yueting, a company named Faraday Future, based in Gardena, Calif., says it will build cars starting in 2017. Bloomberg news service quotes former Tesla director, now Faraday's senior vice-president

of research and development, saying it will introduce its first car in two years and follow with a line of seven different vehicles. Nick Sampson said unlike current electric-vehicle makers, Faraday Future's business model isn't dependent solely on selling cars themselves, but includes unprecedented connectivity and autonomous-driving capabilities. He envisions "a rolling smart phone ... the revenue starts once you get the device in the owners' hands." AFP



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SH-AI model shown

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From car racing to helping the Worst

CANADA'S WORST DRIVER

Reality TV instructor borrows from his experiences

The 11th season of Canada's Worst Driver recently wrapped up, but it's already calling for candidates for a new season. That means Philippe Létourneau has more work ahead of him.

As the program's high-speed driving instructor, it's his job to teach the bad drivers on the show how to safely handle a vehicle. It's one of many tasks he does as a driver trainer, a skill he took directly from his previous career as a race driver.

"I was born watching my dad race," Létourneau says. "My dad was a rally driver. They drove to the race so I could see my dad's race car from my window in front of me on the street."

Born in Montreal, Létourneau got into racing go-karts at 10 — the minimum age allowed in Quebec. As a teenager, he enrolled in a racing school run by Canadian champion Richard Spennard. He learned to work on the cars as well as drive them,



Philippe Létourneau on the set of Canada's Worst Driver, where he tries to teach the participants how to handle a vehicle properly and safely. COURTESY DISCOVERY/BELL MEDIA

trading his labour against his racing expenses.

But Létourneau credits his parents for his success.

"My parents gave me a break by paying my rent and food," he says. "But my dad was honest. He said, 'The odds (of making a living racing) are not on your side, but we'll try to do our best.'"

Létourneau raced in Canada, the U.S., and Europe, in such

series as Formula 2000 Touring Cars and Rolex Daytona Prototypes, among others, earning more than 40 podium finishes. Ultimately, though, he knew his father was right. "You could count on 10 fingers the Canadian racers that really made a living just from racing," he says. "I started coaching at the racing school, and with a bit of luck and a lot of hard work, it became my job. I discovered

it was great helping people. I knew I wouldn't make Formula 1, but I loved the sport, and there was a chance of making a living if I focused on teaching."

Through his company, PLB Autosport, Létourneau provides a variety of services, from one-on-one teaching to the work he does for such programs as BMW winter driver training and the Ferrari Driving Experience. He's also trained members of

“I’m one of the guys who lost somebody from a car accident.

Philippe Létourneau, on the importance of safe driving

Quebec's provincial police force and worked with automakers and tire companies on product development.

His television career started when he was filmed as part of a news report on the Canadian Grand Prix. Then came Star Racer, a 2006 reality show where amateur drivers competed in weekly events to earn the show's top title. Létourneau was the chief instructor at the track they were using, and the producers decided to put him in the show.

"I'm the one who went around the country to look for these Canadian stars," he says. "I thought the show was great, but there were no big ratings, and they pulled the plug after eight episodes. I was sad, because it was directly touching me to find young stars and push them up the ladder."

He was less than enthusiastic when Canada's Worst Driver came calling.

"I'm going from looking for the best driver in the country to the worst?" he says. "And I was on the high end, with Ferrari and BMW, and I didn't know if it would be good for me. But then it got personal."

Létourneau had a cousin who had been like a brother to him, but who died in a car crash at the age of 33. He saw the value in training the show's participants and in getting the safety message out to a wider audience.

Nothing's scripted, and the drivers really are as bad as they look, he affirms. "I try to keep my poker face, but sometimes, my head is spinning," he says. "They'll do something, and I'll think, yeah, that'll be on the show."

He enjoys being recognized in public by the show's fans, but it's really all about teaching.

"I'm one of the guys who lost somebody from a car accident, and it touches real people with real impact," he says.

"If you educate people about safe driving, you'll get safer drivers and safer roads."

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DETROIT AUTO SHOW

From dashboards to dashing dresses



Models in formal dresses made from Inteva's Inteather strutted on a pop-up catwalk in Detroit. COURTESY INTEVA

One auto supplier is taking the term "ready to wear" to a whole new level.

Inteva Products commissioned a fashion designer to produce four gowns using the same thermoplastic material the maker of engineered components and systems places in the instrument panel surfaces of some General Motors vehicles. The results were on display during a recent pop-up fashion show at the North American International Auto

Show in Detroit.

Four models outfitted with formal dresses made from Inteva's Inteather strutted along a carpeted area. The models strutted by GMC Yukon and Sierra vehicles, both of which feature instrument panel surfaces made of the thermoplastic olefin material, while dumbfounded attendees stared. Inteather has the appearance of leather, but Inteva says it weighs less, lasts longer, and is recyclable.

THE ASSOCIATED PRESS

IN BRIEF

GM debuts car-sharing, 'personal mobility' brand

General Motors said late last week it was launching a U.S. car-sharing service under a new "personal mobility" brand dubbed Maven.

GM said Maven, which will compete with services such as Zipcar, was operating in Ann Arbor, Mich., with the initial focus on serving the University of Michigan campus.

It will be expanded to major U.S. cities later this year, GM said in a statement. The U.S. auto giant said Maven will be a key part of its strategy to meet evolving transportation needs in a more tech-connected society.

GM previously announced an investment in ride-sharing service Lyft, and the acquisition of assets from another sector rival, Sidecar.

"GM is at the forefront of redefining the future of personal mobility," said GM president Dan Ammann.

On the Maven website, GM was offering mid-size vehicles for \$8 US an hour or \$56 US a day, including fuel costs. AFP



The Mazda CX-3's spunky and thrifty four-cylinder engine is mated to a six-speed automatic. CONTRIBUTED

Pushing the right style buttons

Small boxes that offer all-wheel-drive are being direct toward singles, young couples and empty nesters alike, and for the same reasons. They're relatively inexpensive, a breeze to maneuver in congested urban and extra-urban environs, can navigate poor weather/ roads and can carry more gear than similarly sized small sedans or hatchbacks.

And don't forget they can be nattily attired in fancy accoutrements plus the latest in crash-mitigating safety technologies. As a companion to the CX-5 small wagon, the CX-3 is about 25 centimetres shorter, eight centimetres narrower and has 13 centimetres less distance between the front and rear wheels. It's also at least 180 kilograms more svelte than the 1,455-kilogram base CX-5.

The CX-3's cabin purposely exudes an

CX-3

Base Price (including destination):
\$22,700

MX-5 (Miata) sports-car-like feel that's interrupted only by a pop-up-style touch-screen display. The straightforward control-panel layout includes a trio of oversized knobs and a dashboard gauge pod flanked by twin info screens. There's not an excess of leg or headroom in back for adult-sized passengers, although the doors are at least wide enough for easy entry and exit. For storage, the CX-3 is about as spacious as most of its peers, whether the split-fold back seat is upright or flattened. A 2.0-litre four-cylinder engine

delivers 146 horsepower and 146 pound-feet of torque.

It's uncommon for a non-turbocharged powerplant to produce that much twisting force, relative to horsepower, but Mazda's high-piston-compression SkyActiv design makes this possible. The sole available transmission is a six-speed automatic with optional paddle shifters. The on-demand all-wheel-drive system that's available in all trim levels is linked to the vehicle's anti-lock brakes, stability control and on-board ambient thermometer. It's designed to "predict" front-wheel slippage and divert power to the rear wheels.

Note that due to the space needed for the rear differential, AWD models lose some of their stowage capacity.

Compact sedan both sporty and spacious

Mazda's sedan and hatchback models remain among the most attractive and sought-after compacts in their price bracket. They emulate the mid-size Mazda6 sedan and share visual kinship with other fleet members, with the possible exception of the 2016 MX-5 Miata.

The Mazda3 also benefits from the company's SkyActiv suite of structural and powertrain enhancements. That means a

stiffer platform and finely tuned suspension and steering components geared to sports-car-like precision. But the real show stoppers are the base and optional powerplants.

There's a 2.0-litre four-cylinder that makes 155 horsepower and 150 pound-feet of torque; the optional 2.5-litre four-cylinder peaks with 184 horsepower and 185 pound-feet of torque. Both are avail-

able with six-speed manual transmissions, while six-speed automatics are optional. Fuel economy is good, as you would expect, and it's even a bit better even with the optional i-ELOOP capacitor that stores electricity generated while braking.

The system provides power for the 3's various electrical components for extended periods while disengaging the alternator, which reduces drag on the engine. The driver is unaware that i-ELOOP is operating. The base GX sedan and Sport hatchback in-



WAGON MIXES STYLE AND TECH

The CX-5's smaller CX-3 relation is one cute and sporty little wagon that's getting a lot of attention, but it does have its limitations. For a full load of people and cargo capacity, the bigger CX-5 is a better choice — and it looks pretty good with an updated grille — and is just as lively a driver.

The vehicle's mechanical bits are part of Mazda's SkyActiv system that's more than just marketing puffery; it represents a holistic transformation of the powertrain plus various other components to help save fuel and turn the entire lineup into exemplary driving machines.



CX-5

Base Price (incl. destination): \$25,000

For the chassis and suspension, the automaker's engineers have worked to infuse the CX-5 with some sporting behaviour, combined with highly efficient engines and transmissions. The entry-point CX-5 with front-wheel-drive and a five-speed manual gearbox uses a high-compression 2.0-litre four-cylinder that operates on low-grade 87-octane fuel and makes 155 horsepower and 150 pound-feet of torque. The optional 2.5-litre four-cylinder increases the output to 184 horses and 185 pound-feet of torque. It also doesn't penalize at the pump as it consumes only slightly more fuel than the 2.0, even with its mandatory six-speed automatic transmission. All-wheel-drive is available only with this powertrain combo.

Mazda loads up the basic CX-5 GX model with air conditioning and the usual power-operated features, along with cruise control and push-button start. Moving up to the GS trim adds a power moonroof, heated front seats, display monitor and rearview camera. The GT adds leather seat covers, 19-inch wheels and a premium Bose Audio system. For 2016 Mazda has upgraded the front and rear seats for all trims.

clude the usual power-operated accessories plus push-button start. Both body styles are also available in GS and GT trim, the latter fitted with enough standard and available comfort and safety content to rival many so-called luxury vehicles.

Regardless of your choice, the new Mazda3 is an impressive piece of work that will be appreciated by those who really enjoy driving something sporty, but without the space limitations that traditional sports cars impose.

A base 2.0-litre four-cylinder SkyActiv engine is augmented by a more potent 2.5-litre, with the choice of six-speed manual or automatic transmissions. CONTRIBUTED

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Go-anywhere wagon a great value



The Forester's base 2.5-litre four-cylinder puts out 170 horsepower. The optional turbo-charged 2.0-litre increases the value to 250. CONTRIBUTED

Quite simply, the Forester is Subaru's best-selling model and continues to receive praise for its tough-when-it-needs-to-be attitude, passenger comfort and reliability. On good roads and bad, the standard all-wheel-drive system operates virtually unnoticed. But when required, which is frequently in snow-belt regions, the vehicle's off-road capabilities make it a popular choice.

The Forester's platform offers sufficient distance between the front and rear wheels for plenty of legroom, while the tall roofline and low-rise load floor make for generous storage space with the split-folding rear seat folded flat. The base 2.5-litre four-cylinder engine produces 170 horsepower and 174 pound-feet of torque. For added punch, the 2.0XT uses a turbocharged version of the 2.0-litre non-turbo four-cylinder used in the BRZ sports coupe that's rated at 250 horsepower and 258 pound-feet.

The 2.5i Forester runs with a six-speed manual transmission or a continuously variable (CVT) option. The 2.0XT only comes with the CVT, but it has what Subaru calls an "engine performance management system" with Intelligent, Sport and Sport Sharp settings. In Sport mode, the throttle becomes more

FORESTER

Base Price (including destination):
\$27,650

responsive and the steering-column-mounted paddle shifters mimic the action of a six-speed transmission. Throttle response is further heightened in Sport Sharp mode, but the CVT provides eight "speeds" to play with. This is possible because the CVT actually has no set ratios and can be programmed to act differently at different times. Standard in the 2.0XT and available in the 2.5i with the CVT is Subaru's X-Mode control. When activated below 20 km/h, the system adds greater control on slippery surfaces by shifting torque to the wheels with grip, either front to back or side to side.

Base Foresters arrive reasonably well equipped, while upgrading to the Premium adds a better audio system, heated front seats with 10-way power driver's chair and a rear-vision camera. Limited models include the CVT and leather-covered seats, with the Touring edition topping out with touch-screen navigation and a 440-watt Harmon-Kardon-brand audio package.

A Legacy of quality

The Legacy combines the comfort of a roomy sedan with the ability of a mountain goat, which is something that very few of its competitors can come close to claiming. Thanks to a 2015 update, the Legacy displays a modern dashboard and a more centrally located touch-screen display for the rear-view camera and infotainment/navigation systems.

The Legacy's two power plants were also updated for 2015, with the base 175-horsepower 2.5-litre four-cylinder receiving slight changes to make it a bit lighter, quieter and more fuel-efficient. A six-speed manual transmission is standard and a continuously variable transmission (CVT) is optional. The CVT is standard with the 3.6-litre six-cylinder that makes 256 horsepower and 247 pound-feet of torque. The all-wheel-drive system that comes with all Legacies includes torque vectoring, which applies light braking to the inside front wheel while turning to enhance steering control.

Both the electric steering and suspension have been retuned for 2016; the former to improve "feel" and the latter to reduce vibration and harshness over rough roads. Base cars come with numerous convenience features.

The 2.5i Touring adds a power sunroof, dual-zone climate control, push-button start and 17-inch alloy wheels (16-inch steelies

LEGACY

Base Price (including destination):
\$25,150



The Legacy's four- and six-cylinder engines are connected to the continuously variable transmission. CONTRIBUTED

are standard). Pop for the 2.5i or 3.6R Limited and you get perforated-leather seats, power passenger seat, 576-watt Harmon/Kardon-brand audio system and 18-inch wheels.

Additional options include a navigation system, plus Subaru's EyeSight suite of safety aids. This includes adaptive cruise control to follow traffic at a safe distance, lane-departure warning, fog lights that illuminate either left or right in tight turns and Pre-Collision Braking that will slow or stop the car if it determines that you're going to rear end the car in front.

Perfect fit for off-road driving

At one time, Volvo had the market cornered when it came to spacious, yet unpretentious all-wheel-drive wagons. They still know how to make 'em, but now Subaru is solidly in the driver's seat with the ever-popular Outback wagon. For the 2015 model year, the Legacy-sedan-based Outback received a number of critical updates.

Visually, the car was given a revised grille, lightweight aluminum hood, reshaped headlights and door-mounted mirror. The upgrades continued inside, with a quieter cabin, a reshaped dashboard, larger front seats and a more cavernous floor console. The suspension was also retuned and Subaru added Active Torque Vectoring that applies slight brake pressure to the inside front wheel during a turn.

The base 2.5-litre four-cylinder engine is rated at 175 horsepower and 174 pound-feet of torque. The optional 3.6-litre six-cylinder continues makes 256 horsepower and 247 pound-feet. The four-cylinder can be ordered with six-speed manual transmission, while a continuously variable transmission (CVT) is optional, but standard with the six-cylinder models.



Four- and six-cylinder engines are connected to continuously variable transmissions in the Outback. Standard all-wheel-drive is the Subaru way, of course. CONTRIBUTED

OUTBACK

Base Price (including destination):
\$29,650

A driver-controlled X-Mode for the standard all-wheel-drive system adjusts the transmission and engine output to reduce wheelspin. X-Mode also includes Hill Descent Control, which keeps vehicle speed to a crawl when travelling slowly down a step and slippery slope. Incline Start Assist briefly holds the vehicle when starting on hills, while a Hill Holder System prevents the Outback from rolling backward when stopped, until the accelerator is pressed.

When combined with the Outback's 22-centimetre ground clearance, X-Mode makes the Outback more fit for rugged off-road duty.

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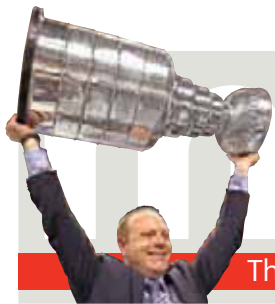
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The Blackhawks have given a three-year contract extension to GM Stan Bowman that runs through the 2020-21 season

Cross-town rivals unite 'for a pretty special cause'

MENTAL HEALTH

AUS personnel open up ahead of Bell Let's Talk Day



**Kristen
Lipscombe**
Metro | Halifax

For most hockey games, especially between a couple of cross-town rivals such as the Dalhousie Tigers and Saint Mary's Huskies, winning is the one and only goal.

But for Huskies men's hockey head coach Trevor Stienburg, there's a much more important objective for both teams when the puck drops Wednesday night at the Halifax Forum.

"Who cares who wins the game!?" Stienburg said Tuesday. "I hate to say it ... but these two teams are playing for a pretty special cause right now."

For the first time ever, Atlantic University Sport has teamed up with longtime broadcast partner Bell Aliant to promote the sixth annual Bell Let's Talk Day, a national initiative to spark conversation and break down stigmas about mental health.

"I'm all about the wins," Stienburg said, but he also hopes this campaign encour-



Saint Mary's Huskies head coach Trevor Stienburg took 90 days off during the 2013-14 season because he "was feeling overwhelmed." JEFF HARPER/METRO

ages everyone, from student-athletes to fans in attendance, to be "strong enough to share" their personal mental-health stories.

In addition to the Tigers hosting the Huskies in regular-season action on Bell Let's Talk Day, there are three other men's AUS matchups in two other provinces Wednesday evening. Stations will be set up at each venue so fans can create messages they can share

+ DONATIONS

Bell will donate five cents to mental-health programs for every text message, wireless and long-distance call made by Bell Aliant and Bell Canada customers, tweet using #BellLetsTalk, and Facebook share of the Bell Let's Talk image on Wednesday.

on social media to help raise mental-health awareness, an AUS news release says.

Stienburg isn't just talking this idea up; he's talking about his own emotional struggles.

During the 2013-14 season, the longtime bench boss "took 90 days off ... because I was overwhelmed."

At that point Stienburg had claimed his fourth AUS Coach of the Year Award and third CIS Coach of the Year Award.

"So much, I thought was expected of me, and I really didn't feel like I was living up to it," he explained. "I didn't feel I was being fair to my guys."

He handed the helm over to assistant coach Tyler Naugler for the first half of that season.

"Sometimes the guys with the biggest chests, are the guys that are protecting something," Stienburg said.

But from the Bell Aliant YouTube page to across social media channels, AUS coaches and athletes are now opening up.

Cape Breton Capers soccer player Becky Hanna posted a video publicly to her Facebook page Jan. 19, tagged with #Bell-LetsTalk, to share her ongoing battle with bulimia nervosa. As of Tuesday night, her video had 4,269 shares and 185,000 views.

"It's one of many stories within the AUS, and within our student-athlete population," AUS executive director Phil Currie said Tuesday.

"And whether it's telling a story, or it's listening, it's all helpful and healing."

Suicide accounts for 24 per cent of all deaths among 15- to 24-year-olds, the AUS says.

"You tend to realize, those wins and losses, are more in our heads as coaches and players," Stienburg said.

"Sometimes we put too much pressure on ourselves, and expectations."

NHL IN BRIEF

Ehlers nets first hat trick

A hat trick from rookie Nikolaj Ehlers and a pair of goals from Dustin Byfuglien fuelled a 5-2 Winnipeg Jets victory over the Arizona Coyotes Tuesday night.

Veteran winger Blake Wheeler drew assists on each of the rookie's goals.

Ehlers, a former Halifax Moosehead standout, extended his point streak to four games with his first career NHL hat trick.

THE CANADIAN PRESS

Panthers pounce on Leafs

Aleksander Barkov and Vincent Trocheck scored power-play goals, and the Florida Panthers rolled into the All-Star break on another good note by topping the Toronto Maple Leafs 5-1 Tuesday night.

Reilly Smith and Jussi Jokinen each had a goal and an assist for Florida, which improved to 20-0-1 when scoring at least three times. THE ASSOCIATED PRESS

Canadiens feel the sting of latest loss

Brandon Dubinsky and Cam Atkinson each had a goal and an assist to give the visiting Columbus Blue Jackets a 5-2 victory over the slumping Montreal Canadiens on Tuesday.

Montreal lost captain Max Pacioretty to injury midway through the second period after he took a P.K. Subban slapshot to the left side of his face. THE CANADIAN PRESS

WOMEN'S SOCCER

Herdman injects a healthy dose of youth into national team



Christine Sinclair is one of seven holdovers from the bronze-medal winning team at the 2012 Olympics. GETTY IMAGES FILE

While not dismissing the first three teams Canada will face at next month's Women's Olympic Qualifying Championship in Texas, coach John Herdman acknowledges it all boils down to Game 4.

A win in the semifinal and Canada is headed to Rio, looking to add to the bronze it won in heroic fashion four years ago in London.

Herdman has retooled his squad for the Olympic qualifier, shedding 10 members of his 23-woman World Cup roster last summer for a trimmed-



Adding pace around players like Sinclair is absolutely crucial to give the space that she needs to operate. John Herdman

down 20-player roster.

Captain Christine Sinclair and six other veterans of the 2012 Olympic team remain for the Feb. 10-21 qualifier. But Herdman has infused youth into the squad with seven players 20 years old and under.

Players range in age from 16-year-old midfielder Deanne Rose to 34-year-old forward Me-

lissa Tancredi.

Playing in Group B, 11th-ranked Canada opens against No. 89 Guyana on Feb. 11 before facing No. 48 Trinidad and Tobago on Feb. 14 and No. 76 Guatemala on Feb. 16.

Group A play, featuring the top-ranked Americans, takes place in Frisco outside Dallas.

The top two teams in each

group play in the crossover semifinals Feb. 19 with the winners booking their ticket to Rio de Janeiro as representatives of North and Central America and the Caribbean. The championship game goes Feb. 21.

"The game we have to be freshest for is Game 4," Herdman told a media conference call Tuesday. "Whether that's the U.S., Costa Rica or Mexico. We have to get through the other games and put ourselves in a good position to be at our best for that fourth game."

THE CANADIAN PRESS

Drug ban costs Horcoff 20 games

NHL

Centre says he 'should have done research' into treatment

Anaheim Ducks forward Shawn Horcoff was suspended for 20 games Tuesday for violating the terms of the NHL's performance-enhancing substances program.

The 37-year-old Horcoff acknowledged his mistake in a statement issued by the NHL Players' Association. He claimed he tried an unspecified treatment to speed up his recovery from an injury last fall.

"Although I was unaware that this treatment was not permitted under NHL rules, that is no excuse whatsoever," Horcoff said. "I should have done my research, and I should have checked with the NHL/NHLPA Performance Enhancing Sub-



Shawn Horcoff GETTY IMAGES

stances Program's doctors. I accept full responsibility for my actions, and I am sorry."

Horcoff is the third player to be suspended under the program approved by the league and union in the most recent collective bargaining agreement. Zenon Konopka of the Buffalo Sabres and Carter Ashton of the Toronto Maple Leafs were suspended in 2014.

Horcoff will lose \$357,526.88 of his \$1.75 million salary during his suspension. The veteran forward is in his first season with the Ducks after 13 years in Edmonton and two more with Dallas.

Horcoff has six goals and four assists this season while playing in 45 of the Ducks' 46 games, providing solid veteran depth.

Ducks general manager Bob Murray signed Horcoff to a one-year deal in the off-season during a shakeup of his roster. Anaheim finished one game short of the Stanley Cup final last season, losing Game 7 of the Western Conference finals at home to eventual champion Chicago.

"The Anaheim Ducks organization fully supports the NHL/NHLPA Performance Enhancing Substances Program," Murray said in a statement. "We will also continue to support Shawn as a player and person throughout this process."

THE ASSOCIATED PRESS



CAPITAL ONE CUP REDS EDGE TOWARD TROPHY Liverpool FC celebrate their penalty shoot-out win in the Capital One semifinal on Tuesday at Anfield. The Reds, will play either Everton or Manchester City in the Feb. 28 final at Wembley Stadium. Everton leads 2-1 heading into the second leg of its semifinal on Wednesday. JON SUPER/THE ASSOCIATED PRESS

IN BRIEF

B.C. stays unbeaten with win over N.S. in junior curling

B.C.'s Sarah Daniels defeated Nova Scotia's Mary Fay 7-4 in a battle of unbeaten rinks Tuesday at the Canadian junior women's curling championship in Stratford, Ont.

Daniels scored three in the third end and put the game

away with a deuce in the 10th to improve to 5-0 after eight draws Fay fell to 5-1 and moved into second place in Pool B. THE CANADIAN PRESS

Griffin injury came from punching Clippers staff

Blake Griffin will be out for as long as six weeks with a broken shooting hand after

punching a Los Angeles Clippers staff member during a road trip.

The star forward underwent a procedure and was treated by an orthopedic surgeon after returning early to Los Angeles from a five-game road trip, the team said Tuesday.

THE ASSOCIATED PRESS

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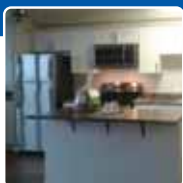
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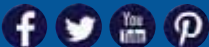
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RECIPE Basil and Sun-dried Tomato Crusted Salmon



PHOTO: MAMA VISHNEI

Ceri Marsh & Laura Keogh
For Metro Canada

This intensely flavoured crust takes salmon to show-stopping heights. It's simple to make, but you're going to feel positively chef-y putting this on the table.

Ready in
Prep time: 10 minutes
Total time: 25 minutes
Serves 4

Ingredients

- 4 x 5 oz salmon fillets, skin on
- 1 cup chopped sun-dried tomatoes (not packed in oil)
- 3 cloves garlic
- 2 cups basil leaves
- Pinch of salt
- 1/4 cup olive oil

Directions

1. Preheat oven to 350 F.
2. In a food processor, add the sun-dried tomatoes and garlic and process until you have a rough chop. Add the basil, salt and slowly drizzle the oil in as you process until it reaches a rough paste.
3. Lightly oil a rack and place it over a baking tray. Place the salmon skin side down on the rack. Pat the tomato mixture on top of the salmon, forming a thick layer.
4. Place the salmon in the oven on the middle rack of the oven and bake for 15 to 20 minutes (a thick fillet may need more time), or until the salmon separates into flakes.

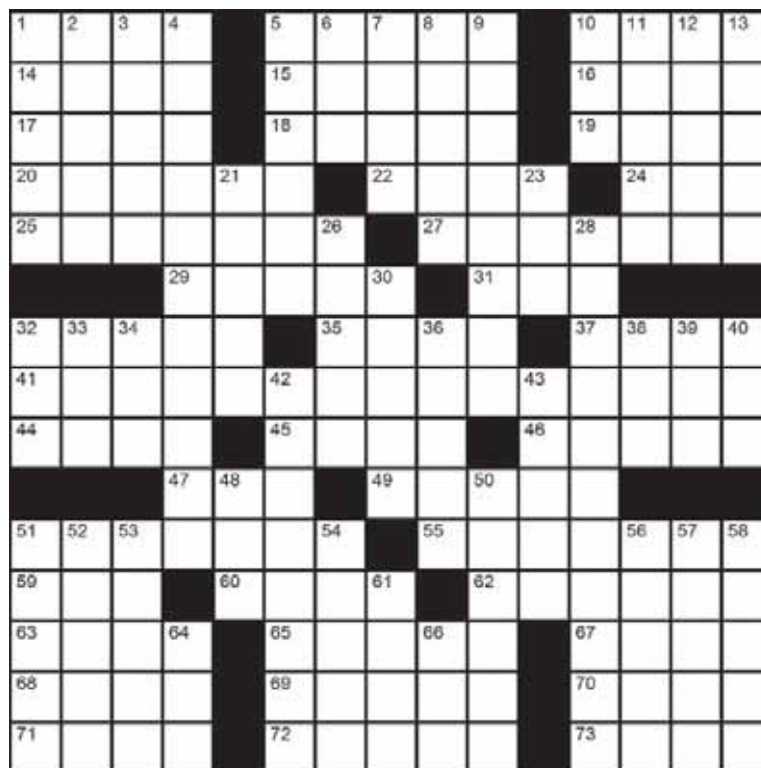
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BY KELLY ANN BUCHANAN

ACROSS

1. Fleece
5. Fast food restaurant order
10. E-Mail junk
14. Forearm bone
15. Farewell, in France
16. Ti-Cat's foe
17. NASA target in 1969
18. Style of earthenware
19. Lima's locale
20. Quickly rotating star
22. Brain's frontal
24. Moray
25. Carpet cleaning machine
27. Like the natural patterns of hardwood flooring
29. Ascends
31. Gremlin
32. Joseph, 'Father of the Symphony'
35. Crosswords buffalo
37. "Which drive... you want to go to?" ...asked one retro movie-goer of another
41. Roadside attraction in Varney, Ontario which is the world's largest what?: 2 wds.
44. Classic TV mouse, Giglio
45. Make film cuts
46. Array
47. Mil's special
49. Placed cargo onto the ship
51. Bridesmaid dress fabric
55. Brush aside



59. Montreal 'street'
60. Duchess of (Subject of Spanish painter Goya)
62. Hinder
63. Norse deity
65. Ancient column style

67. Decline
68. Fermented soybean paste
69. 'N' of TNT
70. Ripened, as cheese
71. Plant containers
72. Choral club songs

73. Longbow woods

DOWN

1. Water collectors in basements
2. Influence
3. Lizard variety
4. Style of building

- ing topper seen in historic French architecture, such as in Quebec: 2 wds.
5. Inner circles
6. John Keats specialty
7. Pepper
8. Obscure

9. 1995 Donald Sutherland movie about a deadly virus
10. Exhaust
11. Primp
12. Harmonize
13. Humid spaces problem
21. acid
23. 'Ether' suffix (Airy/delicate)
26. Make 1 + 1 = 2 again
28. Hit for Canadian band Big Sugar that starts "Peace came to me...": 5 wds.
30. paced (Slow)
32. Brim locale
33. Flurry
34. Litter cry!
36. Group of eight
38. Grandma
39. Like, hippy-style
40. Iron
42. Baby bird that hasn't yet left home
43. Toothpaste brand
48. Potpie piece
50. '70s night spots
51. Badly defeat
52. recording
53. Singer/songwriter Leslie born in Amherst, Nova Scotia
54. Bring to (Cookbook instruction)
56. Reflection
57. Brawn
58. Plant origins
61. Payment in poker
64. Un-yeses
66. Dublin's locale, for short

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Try not to get involved in other people's problems today — or they may become your problems too. On this occasion it's better if they learn how to take care of it themselves.

Taurus April 21 - May 21
You've worked long and hard to get where you are now — don't throw it all away by being impulsive. If you let your emotions get the better of you it could damage your credibility.

Gemini May 22 - June 21
The Sun in Aquarius endows you with limitless self-confidence, but you must not take things for granted. It would be easy to fall into the trap of believing that nothing can go wrong — but that's just when it will!

Cancer June 22 - July 23
You are capable of doing more. The right opportunity will come along at just the right moment. Take it easy and take your time and be ready to take your big chance when it arrives.

Leo July 24 - Aug. 23
Things that happened in the past have nothing to do with what is happening today, so stop harking back to "the good old days" and make today special and rewarding.

Virgo Aug. 24 - Sept. 23
Routine matters may bore you but it's important you do a good job on the task you've been assigned. Someone in authority is watching. If they like what they see you could soon be on the way up.

Libra Sept. 24 - Oct. 23
You will get a lot done in a relatively short space of time today. Social and romantic activities loom large over the next few days, so get on top of your work load now and devote the remainder of the week to having fun.

Scorpio Oct. 24 - Nov. 22
Partners and loved ones have been demanding and you are getting tired of having to be there for them 24/7. It won't be long before you can start making a few demands of your own!

Sagittarius Nov. 23 - Dec. 21
You may be somewhat annoyed that friends and loved ones are depending on you to get them out of a fix, but you will do it anyway. Be sure to reward yourself afterwards.

Capricorn Dec. 22 - Jan. 20
You got something wrong. Speak up now there will be no hard feelings and no financial repercussions. However, if you leave it for a day your apologies may not be accepted.

Aquarius Jan. 21 - Feb. 19
If there's an important decision to make then make it now, otherwise it will be taken out of your hands and given to someone who may not be sympathetic to your needs.

Pisces Feb. 20 - March 20
For quite some time you have been fearing the worst but over the next two or three days you will realize that the worst is unlikely to happen — and even if it does it won't be as bad as your imagination led you to believe!

CONCEPTIS SUDOKU by Dave Green

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